

In-laws tell Amy to clean up or avoid hubby



Cops seek graveyard vandals

CRIME Bridgewater police are looking for vandals who damaged 80 headstones at the Brookside Cemetery in Bridgewater.

Witnesses saw two teenagers running into the woods near the graveyard at about 3:45 p.m. Sunday. Police tried to find them using a tracking dog, but had no luck.

The vandalism marks the third incident at the cemetery this year.

METRO HALIFAX

City Think pg 2



Transit riders want better service: Study

Canada pg 8

Telemarketers welcome Do Not Call list

Health pg 19



Online chat hurts real-life connections

ShareYourViews

halifaxletters@metronews.ca



Mechanic Jim Briand points out the location on Gottingen Street where a 56-year-old man was hit by a car and dragged 10 metres on Friday. Briand and three other men were able to lift the front end of the car and free the victim. He was taken to hospital with non-life-threatening injuries.

Man alive after car drags him 10 metres

DEVIN STEVENS
for Metro Halifax

Mechanic Jim Briand was part of a dramatic rescue Friday after a 56-year-old man was dragged under a car — face down — for 10 metres on a busy Halifax street.

"He said, 'Get this f—king car off of me,'" Briand said, standing in the garage doorway at the Gottingen Street Ultramar.

"He's lucky, I'll tell you." Police say an 84-year-old man was driving a blue Chevrolet Impala when he

struck the victim in a crosswalk on Gottingen Street, near Almon Street, just after 3 p.m.

Briand said the victim hit the car's engine bonnet, slipped off, and went under the car. The driver kept going while the victim yelled for him to stop. Briand and three other men ran to the street and lifted the car's front end off the pavement.

Briand said to free the victim, he had to get the driver to back up while the others lifted. The victim, sprawled on his stomach, was able to crawl out.

"He was hurting," said

"A police officer actually witnessed it. She said she heard a loud thump and people started to yell."

Const. Jeff Carr

Briand. "He was scraped up pretty bad, and his clothes were all shredded."

Emergency Health Services spokesman Paul Maynard said the man suffered abrasions and cuts across his entire body.

He was taken to hospital with non-life threatening injuries.

The driver was issued a ticket for failing to yield to a

pedestrian in a crosswalk. Const. Jeff Carr said the 84-year-old's driver's licence is now under review.

"A police officer actually witnessed it," Const. Carr said. "She said she heard a loud thump and people started to yell."

"She said she never saw anything like that before," Briand said.

MORE COVERAGE, PAGE 8

Weather financial storm: Expert

DARREN KRAUSE
Metro Canada



As the financial carnage mounted in Toronto and New York after a failed Wall Street bailout, University of Calgary economist Frank Atkins warned against making rash investment decisions.

"If you don't need to liquidate (your investments), then you can weather this," he said, noting the 840 and 778-point losses on the TSX and Dow Jones, respectively, are paper losses. "Once you sell, then you lose money."

Most of the initial concern would be for those who need to retire today, or in the immediate future, he said.

The U.S. House of Representatives vote sent the stock markets plummeting after word of the failed \$700-billion bailout package hit the streets, though the market was down prior to the decision.

The failure of the bill, which would have let the US Treasury buy up bad mortgage debt from struggling banks, was seen as crucial to shielding the economy from an even deeper slowdown.

Atkins was confident there is a silver lining in the aftermath of the subprime mortgage failure and the aborted bailout of US lenders. "It should be a lesson," he said, adding that governments might think twice about trying to buy back debt.

"But no matter what happens, our economies will emerge stronger."

WITH FILES FROM REUTERS

Business Opportunity for Cold Pressed Chocolate that offers many health benefits.

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Future Inn, 30 Fairfax Drive, Halifax



Now here's something worth toasting. Halifax-based Garrison Brewing Company's Imperial Pale Ale has won Canadian Beer of the Year for the second year in a row. There were 239 beers in the running. **METRO HALIFAX**

Local

www.peterkelly.ca



Canadians reap energy savings on green renos

POLL While we're not seeing solar panels and windmills on front lawns yet, the majority of Canadians are environmentally conscious when purchasing a new home or renovating, according to the second annual TD Canada Trust Green Home Poll.

The biggest incentive for those Canadians willing to spend more on green features is the potential saving on energy

costs (65 per cent). Fifty-seven per cent of Canadians are willing to spend five to 10% more on a home that includes environmentally friendly features.

Canadians say that what matters most when renovating a home is saving money in the future (40 per cent), followed by the resale value of their home (32 per cent).

METRO HALIFAX

Business centre getting upgrade

CONSTRUCTION Extensive road upgrades are underway in Elmsdale Business Park that will lead to improved safety, access and investment opportunities for this growing business centre.

Construction for the \$1.4 million project will run from September to December of this year. Upgrades to the business park include road widening, as well as installation of buried storm sewers, sidewalks and curbs along Park Road.

J R Eisener Contracting Limited has been awarded the tender for the project. Dillon Consulting are the project consultants.

METRO HALIFAX

Hit and run driver wanted by area cops

ACCIDENT Police are looking for a dark grey mini-van after a pedestrian was hit on Main Street in Dartmouth Sunday night.

A man was crossing the street at a crosswalk when he was hit at around 7:30 p.m.

The driver stopped, asked the man if he was all right, then took off.

The pedestrian was treated for minor injuries at the scene.

METRO HALIFAX

Vet hospital roof blows off in weekend storm

DAMAGES The roof at the Veterans Memorial Hospital was damaged in the storm Sunday night, causing flying debris in the area.

As a precaution police closed the road in front of the hospital Sunday night.

METRO HALIFAX

Users say convenient transit needed in HRM

LINDSAY JONES
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A quarter of people in urban and suburban HRM take the bus regularly.

But that doesn't mean they like it.

A Bristol Omnifacts Research survey commissioned by Metro Halifax shows 25 per cent of people take the bus at least once a week. Forty per cent say it's inconvenient.

Respondents were asked to rate the convenience of public transit, with one being "very inconvenient" and 10 being "very convenient." Peninsula dwellers (42 per cent) said they used the bus the most.

"Convenient bus service works and people want more bus service," said Layton Dorey, Bristol's managing director of project development.

Metro Transit spokeswoman Lisette Cormier says the city's recently-approved five-year transit plan — which includes, among other things, a new satellite garage by 2010 and the expansion of routes and services — should address people's concerns around convenience.

"Unfortunately, it can't be fixed tomorrow," she said.

Cormier acknowledged that most people want bus service to more areas of HRM. "There's a number of contributing factors to that, such as the price of gas, insurance and, especially lately, the environment. That's why we're getting new money to put in the infrastructure, the training and the buses. We recognize that and as a growing city, we need to accommodate." Mayor Peter Kelly agrees.



DANIEL GAGNON/METRO HALIFAX

Commuters get onto a morning bus in Halifax. A Bristol Omnifacts Research survey says 40 per cent of people polled who take the bus at least once a week say it's inconvenient.

"We have to encourage people to use transit, but in order for them to be able to use it, we have to make it more readily usable through rapid transit as per the (five-year) plan," he said.

Coun. Sheila Fougere says the city should be subsidizing public transit more to the tune of 65 per cent, like other cities. Metro Transit says about 45 per cent of the cost of transit was subsidized for users in 2007-08.

"I think it's the only way we'll improve our service,"

Fougere said. "This is worthwhile for us to support for so many reasons, — environmentally it's very important; economically it's really smart."

Dalhousie University urban planning professor Frank Palermo says what's really missing is political leadership. "I think we have to get out of this make-do, improve it a little bit, provide a few more buses, improve the schedule, operate a bit longer kind of stuff and actually think about

transit becoming ... the main way for people during rush hour to get to and from work," Palermo said.

For Halifax, he says that might mean creating dedicated bus lanes, or making streets into car-free transit corridors.

"The bus has to be faster, more convenient, easier to get to, more comfortable than the automobile and that takes a whole mind shift," Palermo said.

He said incremental improvements are things other cities did a decade ago.

Jennifer Powley, Ecology Action Centre coordinator, says she's impressed that one in four people say they're using transit weekly.

"It's tricky right now because Metro Transit is operating at capacity so, where we want more people to take the bus, we really don't have the capacity to take more riders, except at off-peak hours," she says.

Q Please indicate how frequently you use the bus system in HRM?

- A**
- Every day: Eight per cent
 - Five to six times per week: Six per cent
 - Three to four times per week: Five per cent
 - One to two times per week: Six per cent
 - Rarely: 35 per cent
 - Never: 40 per cent

Bus, not ferry service, a transit priority for Halifax commuters

A Bedford fast ferry isn't on the fast track for urban and suburban dwellers, according to a Metro Halifax poll.

The Bristol Omnifacts Research survey shows just 12 per cent of people picked a Bedford fast ferry as their transit priority.

The majority — 51 per cent — picked bus service

to more areas of HRM. Eighteen per cent picked more bike lanes.

Twelve per cent said they want buses to operate through the night.

Survey

- Sample size: 500
- Margin of error +/- 4.9

Mayor Peter Kelly, who has championed a Bedford fast ferry, says the estimated \$30-million project is not a fait accompli. "If it's not financially feasible for the municipality or the ridership, then we would be fools to move it forward," he said.

City staff recently commissioned a second market

survey to test the market and analyze parking requirements for the fast ferry. It's expected to be complete by January.

Sheila Fougere, who is running for mayor, says her support still hinges on seeing the proper business case.

"I'm not going to be pushed into a situation

where we end up spending a lot of tax payers' money on something that doesn't have a good return on investment," she said.

In the meantime, she says the \$14-million of federal and municipal cash set aside for it should go to beef up the bus service in metro.

LINDSAY JONES/METRO HALIFAX

metronews.ca

What's online today.

Link to Kevin Smith's blog, where the director disses his Air Canada experience at www.metronews.ca/canada
Watch as Stéphane Dion tries to defend both flanks at www.metronews.ca/canada, and Jack Layton calls for an all-party meeting to discuss the financial crisis

Check movie showtimes, trailers and reviews at metronews.ca/movies
Search for jobs using Metro's Workopolis search
Play online Sudoku!

ShareYourViews

halifaxletters@metronews.ca

Cobequid health centre receives donation towards x-ray machine

BMO Financial Group has donated \$45,000 to help the Cobequid Community Health Centre buy a mobile digital X-ray machine. The machine will help cut walk-in patients' wait times by up to 50 per cent. **METRO HALIFAX**

JENNIFER TAPLIN/METRO HALIFAX



While most areas in the HRM avoided any serious damage from Hurricane Kyle, the rear window of this vehicle on Maynard St. in Dartmouth was smashed out by a falling branch.

Kyle turns off lights, exits

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

Some 3,000 customers were still without power yesterday as the hurricane-turned-tropical storm exited Nova Scotia.

Hurricane Kyle hit Yarmouth at around 9:30 p.m. on Sunday night and turned into a post-tropical storm early this morning.

"We had some fresh outages as the remainder of the storm moved into Cape Breton," said Margaret Murphy, spokeswoman for Nova Scotia Power.

At its worst, 25,000 homes were without power because of Hurricane Kyle. Most of those outages were in Lunenburg, Shelburne and Queens County.

There were a few scattered outages in the HRM overnight in Clayton Park and on Jubilee Road. "For many people, they would have slept through the storm and the power outage and woken up to appliances blinking, and not realize that crews were out there in the night restoring power," Murphy said. Shelburne County was

hit the hardest with power outages, a storm surge, and blocked roads due to broken trees. A building under construction was damaged and a boat took on some water. Firefighters got on board quickly and managed to pump out the water to prevent the boat from sinking.

Since the storm swept up the American coastline, many flights didn't make it into the Halifax Stanfield International Airport on Sunday night.

"For many people they would have slept through the storm and the power outage and woken up to appliances blinking, and not realize that crews were out there in the night restoring power."

Margaret Murphy, Nova Scotia Power spokeswoman

that don't come in, didn't go out (yesterday) morning so it has a double effect," said airport spokesman Peter Spurway.

But he expected the airlines to juggle the flights back into the schedule by yesterday afternoon.

Bob Robichaud with

Environment Canada said he was happy their three days of warnings were effective in getting people prepared.

"Whether they ended up getting what they thought in the forecast is secondary to preparing for the storm," he said.

"I think it was fairly effective in getting the word out a storm was coming."

Recouping heavy rain losses

• People who suffered 'uninsurable losses' because of heavy rains have until Nov. 28th to apply for provincial assistance.

"Fortunately there was minimal damage from Tropical Storm Kyle. However, the heavy rainfall we received over the Labour Day weekend caused considerable damage in some parts of the province," said Carolyn Bolivar-Getson, Minister of Emergency Management.

"This program will provide

financial assistance for municipalities, homeowners and small businesses who meet the eligibility requirements."

People in Colchester, Pictou, Antigonish, Inverness, Victoria, Cumberland and Halifax counties can qualify, but they must cover the first \$1,000.

Application forms are available at Access Nova Scotia and Registry of Motor Vehicle Offices, and online at www.gov.ns.ca/emo.

Salmonella strain outbreak

HEALTH Health officials are investigating the source of an outbreak of a rare salmonella strain.

So far there are six cases of Salmonella Poona in Nova Scotia, Manitoba and Quebec. There are another 14 suspected cases in Ontario.

None of these cases have required hospitalization, and for most people it is low-risk. But Salmonella Poona can cause potentially fatal infections in some people with weakened immune systems.

Forty-eight cases have been reported so far in the U.S.

Tara Walsh, spokeswoman for Health Promotion and Protection said the Nova Scotia case was

reported in August.

Salmonella Poona is a gastro-intestinal illness which shows up between one to three days after eating tainted food. The symptoms, like nausea, diarrhea, vomiting, fever and abdominal cramps, can last two to five days.

Philippe Brideau, spokesman for the Public Health Agency of Canada, said they usually see about 20 cases of Salmonella Poona a year, but these cases could all be linked.

"That's why we're working with the United States, provincial laboratories and our national microbiology lab to see what might have caused this," he said.

JENNIFER TAPLIN/METRO HALIFAX

Precautions when preparing food:

- Wash your hands in warm soapy water before preparing food, afterwards, and again before eating.
- Rinse fruits and vegetables with water. Even if peeled, or if dealing with a melon with a thick rind, still wash fruits and vegetables to avoid spreading any bacteria from the surface into the flesh.
- Use warm soapy water to clean knives, cutting boards, utensils, your hands and any surfaces that have come in contact with food, especially meat and fish.
- Read labels and follow cooking and storage instructions for all foods. Make sure to check the best-before date, and if you find something on the shelf that has expired, let the store know.
- Refrigerate or freeze perishable food within two hours of cooking.
- Freeze or consume leftovers within four days of cooking. Always reheat leftovers until steaming hot before eating.
- Keep refrigerators clean and at a temperature below four degrees Celsius. Install a thermometer to be sure.

PUBLIC HEALTH AGENCY OF CANADA



Halifax Fairview Returning Officer

Elections Nova Scotia is accepting applications for the position of Returning Officer for the provincial electoral district of HALIFAX FAIRVIEW.

Returning Officers play a critical role in the election process in Nova Scotia by conducting professional, fair and nonpartisan elections in each electoral district under the general direction of the Chief Electoral Officer.

If you enjoy a challenge which involves meeting deadlines, working with a variety of people and being an important part of the democratic process, you may be ideal for the position of Returning Officer.

To be a Returning Officer, you must:

- be a qualified elector in Nova Scotia
- know and understand the election process
- live in and have a good knowledge of your electoral district
- be available fulltime at the call of an election for the duration of the election period and from time to time attend training or do special projects in the district required by the Chief Electoral Officer
- have excellent interpersonal skills, be a good organizer, communicator and manager
- have strong computer skills and experience
- be and be seen to be non-partisan.

Remuneration is in accordance with a prescribed Tariff of Fees and Expenses. Payment is made only for services provided during an election, and between elections to attend training or conduct work required by the Chief Electoral Officer.

This is a Non-Civil Service Position.

The Province of Nova Scotia is an equal opportunity employer.

An information package (with electoral district map) and application form is available online at: <http://electionsnovascotia.ns.ca/employment>, asp or by calling 424-8584 (1-800-565-1504 Toll Free)

Competition closes at 4:30PM, October 10, 2008

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Mini baby boom skips province

LINDSAY JONES
lindsay.jones@metronews.ca

The stork is flying nearly everywhere but to Nova Scotia. And it's dropping babes into the arms of older moms.

A recent Statistics Canada report says Nova Scotia is the only province not experiencing a mini baby boom.

And for the first time, more babies were born to mothers aged 30 to 34 than women aged 25 to 29 in Nova Scotia.

For Sara Jane Arason of Dartmouth, waiting until her 30s and having only one baby is an economic choice.

"The cost of living is just constantly going up and our salaries aren't matching it. It's scary because you don't know what your cost of living is going to be as far as fuel costs," said the 32-year-old.

As an "older" mother,

Birth numbers

• BIRTHS IN NOVA SCOTIA

2005 – 8,557
2006 – 8,485
percentage change – down 0.8 per cent.

• BIRTHS IN NEW BRUNSWICK

2005 – 6,892
2006 – 7,030
percentage change – up 2 per cent.

• BIRTHS IN CANADA

2005 – 342,176

2006 – 354,617
percentage change – up 3.6 per cent.

• The number of births in the Northwest Territories also dropped 3.5 per cent. The fertility rate of women aged 30 to 34 surpassed that of women aged 25 to 29 in Ontario, British Columbia and Yukon as well as Nova Scotia.

Arason says she and her husband Mike chose to wait because she was busy getting her education, launching a career and wanted to own a house before having one-year-old Cameron. Plus, she says, things are different now. "I think we're part of that spoiled generation where our parents took care of us longer," she said. "And therefore, we're waiting longer to become parents ourselves."

Across Canada, the number of births jumped 3.6 per cent in 2006 — that's 12,441 more babies, the largest increase since 1989.

But in Nova Scotia, the birthrate dropped 0.8 per cent — that's 72 fewer new wee ones born in 2006.

In contrast, New Brunswick saw a two per cent jump in births. Newfoundland and Prince Edward Island had increases of 0.9 per cent and 5.4 per cent.



Sara Jane Arason plays with her one-year-old son Cameron at their Dartmouth home yesterday. Birthrates are on the rise across the country — except in Nova Scotia.

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WIN TICKETS TO THE HALIFAX SPECIAL GALA SCREENING OF PASSCHENDAELE

Here is your chance to be at the Halifax Special Gala Screening of Passchendaele on October 6. **Paul Gross**, the film's director and star, will be in attendance to promote this epic movie.

Go to **metronews.ca** and click on **WIN** for your chance to receive a double pass. Some winners will also receive a copy of the book from Harper Collins.

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Entries must be received by 12:00 midnight September 30. Open to residences of Nova Scotia of the age of majority. The approximate retail value of a double pass is \$25. No purchase necessary. Winners will be contacted by email.

Anguish over murder trial delay

Frustrated by another delay in her stepdaughter's murder trial, Kathy Carroll fought to keep back tears as she spoke to reporters outside a Dartmouth courtroom yesterday.

A brief morning court appearance by the accused, Desmond Maguire and Ashley Haley, proved

to be another delay in the murder case. Legal aid representatives said Haley still didn't have a lawyer and the next court appearance was pushed back to Oct. 20th.

"Our emotions are a little bit high because it's the same thing ... nothing is moving forward," Carroll told re-

porters outside the courtroom. "We believe in the justice system, but we're really frustrated right now."

Horne, 20, was found dead last New Year's Eve in a Dartmouth apartment. Horne had been sexually assaulted and her throat was slit.

JENNIFER TAPLIN/METRO HALIFAX



Capital Health

Pain got you down?

If you or someone you know suffers with painful diabetic neuropathy — an aching, burning, stabbing, or tingling sensation — you may be eligible to participate in a research study of medications commonly used to treat this condition.

Participants must currently be taking the medication named gabapentin, branded name Neurontin™ in order to qualify for participation.

If you are 18 years old or over and want more information, please contact the Research Coordinator at **902-473-5866** or via e-mail at **Stephanie.Reidy@cdha.nshealth.ca**

www.cdha.nshealth.ca

Healthy People, Healthy Communities

Tourism gives economy a boost: StatsCan

Statistics Canada says tourism helped power economic growth in Canada in the second quarter of 2008. Tourism's gross domestic product grew one per cent, while the number of tourism-related jobs edged up to 0.2 per cent. **METRO HALIFAX**



Joel Pink, the Halifax lawyer for Glen Race, discusses his client's conviction in New York state on first-degree murder charges yesterday.

Info withheld in trial: Lawyer U.S. prosecutors accused of lack of transparency

DEVIN STEVENS
for Metro Halifax

Convicted murderer Glen Race's Halifax lawyer says U.S. prosecutors failed to disclose all the available evidence in the case — including wiretaps, taped conversations and e-mails discussing the Nova Scotia man's mental state.

"I was surprised, if not shocked, that the (not guilty by insanity) defence was not put forward," said Joel Pink.

He said the withheld information would have impacted the American defence's plan in the trial for the first-degree slaying of Darcy Manor in New York state.

Pink said two of the three doctors who examined Race thought an insanity plea was valid. The district attorney's doctor found he was fit to stand trial.

"That opinion (was) based on information she had, that was not available to the two defence psychiatrists," Pink said.

"In Canada, we would

have asked for an adjournment for this information to be made available for defence doctors."

Despite the alleged lack of transparency, Pink said Race's family hasn't decided if they'll appeal.

Race cannot be extradited to Canada while an appeal is before a U.S. court. If winning an appeal looks slim, Race's family may wave it and have Race extradited to Canada.

Race still faces two murder charges in Nova Scotia. U.S. officials say he can be tried, but must return to the U.S. afterwards to serve his original sentence. Pink said that raises all kinds of legal issues.

"Once he's back on Canadian soil, I'm not sure what legal rights the Americans have to get him back into the U.S."

The lawyer also questioned Race's treatment while in the U.S. He said in Nova Scotia, the paranoid schizophrenic would have been held in hospital. While in New York, Race was kept in jail without medication.

Race family disappointed, likely to appeal conviction in U.S. murder trial

DEVIN STEVENS
for Metro Halifax

Glen Race's parents and brother issued a written statement yesterday, saying they were disappointed and will probably appeal his conviction.

"We greatly wish for Glen to return to Canada so ... the alleged crimes in Nova Scotia can be ad-

"We greatly wish for Glen to return to Canada so ... the alleged crimes in Nova Scotia can be addressed and resolved."

Race family statement

dressed and resolved," the statement read.

"Mental illness still remains a major role and factor related to this horrendous situation. We only hope Glen may be granted

extradition back to Canada."

Race's Halifax lawyer, Joel Pink, is hoping to meet with the family this week to discuss their next move.

Woman struck by vehicle gets ticket

CHARGES Another pedestrian was hit in Halifax as she was crossing the road, but this time the pedestrian got the ticket.

At 6:45 p.m., a woman ran into traffic at Robie and Charles streets and struck a vehicle, hurting her arm and leg. She was taken to the hospital and later released.

She was issued a ticket for running into the street and causing an accident.

METRO HALIFAX

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Tomorrow, over 150 people from offices across Halifax Regional Municipality — including 90 from the navy — will get to work painting, building, sanding or otherwise improving non-profit agencies funded by the United Way. **METRO HALIFAX**

Volunteers rally for Halifax

County steps up to cover \$10,000 cost of lighthouse

HERITAGE Council has committed to covering the cost of moving the historical Five Islands lighthouse, if no other sources of funding can be found.

The county intends to explore potential funding options from provincial government departments. If no alternate source of funds can be found, it will foot the cost if it is between \$10,000 and \$15,000.

This decision comes after the president of the Five Islands Lighthouse Preservation Society made an appeal to council for funding at the last county council committee meeting.

The society had been fundraising all summer to raise the money to move the building.

But due to time constraints it was looking doubtful it would be able to acquire the funds in time for a fall move.

Society president Gloria Lewis told council that the society had only \$5,000 raised for the lighthouse project.

That money included what it had saved for upkeep of the building as well as money raised to move it.

The society's goal is to have the building moved sometime in late fall when the ground hardens.

The lighthouse will be moved to its new location on Broderick Lane because the former Sandy Point Beach campground, where it now sits, has been sold.

The county has also committed funds to improve land it owns on Broderick Lane to create a park with beach access.

TRURO DAILY NEWS

Man charged after smashing into parked car

DRUNK DRIVING A driver drove into a parked car on Lady Hammond Road in Halifax Sunday night.

Just before 9:30 p.m. police responded to the scene where both vehicles were heavily damaged.

Police said that the driver was injured in the chest and transported to the hospital.

While in the hospital, the man refused to take a blood alcohol test, police said.

He was charged with refusing the test as well as impaired driving.

METRO HALIFAX


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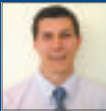
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Gordie McKay

Layton popular with the ladies

According to AskingCanadians.com, 40 per cent of Canadian women think NDP leader Jack Layton has the most sex appeal. He's trailed by Prime Minister Stephen Harper at 29 per cent. The two tied for most likely leader to grace the cover of GQ. **METRO HALIFAX**

Two men hurt in truck crash

Vehicle breaks through guard rail, lands in water

Two men were sent to the Cape Breton Regional Hospital, suffering from what police described as minor injuries sustained when the truck they were driving crashed through a guard rail on Westmount Road early Sunday evening.

Late Sunday night, Sgt. Barry Morrison of the Cape Breton Regional Police reported that one of the men had been released from hospital.

The second man was still undergoing treatment for his injuries.

Glenn MacNeil was driving toward Sydney on Westmount Road at 5:30 p.m. when he witnessed the accident; the burgundy GMC truck barrelled down Murphy Road right in front of him.

"He just came down the hill too quick. It was unbelievable," MacNeil said.

"They crossed in front of me. I was watching the car that was in front of me and I didn't expect to see something like that."

MacNeil and the driver ahead of him, a nurse, immediately ran into waist-deep water in Sydney Harbour to rescue the two men.

The mangled truck laid on its side, half-submerged in water, with its occu-

"I went in to try to help, to try to keep (one of the men's) head above water ... We tried to talk to him, to try to keep him from going into shock. He wasn't responding at all."

Glenn MacNeil

pants pinned inside the vehicle.

"I went in to try to help, to try to keep his head above water. He was unconscious," said MacNeil, who could only spot one of the victims inside the truck.

"We tried to talk to him, to try to keep him from going into shock."

"He wasn't responding at all. But he didn't look too banged up."

They stayed with them until paramedics and firefighters arrived on scene about 10 minutes later.

It took about another 20 minutes to pry both men from the vehicle and carry them to waiting ambulances.

The cause of the accident had not been determined as of late Sunday night.

CAPE BRETON POST



Rescue workers free one of two men who were trapped in a vehicle that crashed through a guard rail and into the water at the bottom of Murphy Road along Westmount Road on Sunday.

STEVE WADIN/CAPE BRETON POST

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Aquaculture to be the focus of annual festival on Oct. 4

INDUSTRY Nova Scotia's aquaculture industry will be celebrated in Digby on Oct. 4 during the Aquaculture Harvest Festival.

The annual festival is

"This year we have chosen Digby to showcase the growing opportunities in this region."

Ron Chisholm

held in one of the coastal regions that has aquaculture operations, or where there is the potential for development, says Fisheries and Aquaculture Minister Ron Chisholm.

"This year we have chosen Digby to showcase the growing opportunities in this region," he said.

There are 16 aquaculture sites in Digby County. Nova Scotia's aquaculture industry is valued at about \$52 million. **METRO HALIFAX**

Province announces almost \$70,000 for accessible transit

FUNDING The province announced nearly \$70,000 yesterday for accessible transit in Cumberland County.

The money will go toward buying two public transit vans to be used for

door-to-door service in the area.

The Community Transportation Assistance Program will put another \$29,910 toward the vans' operating costs.

METRO HALIFAX



Just 28 per cent of doctors at 10 hospitals washed their hands between patients, Ontario's auditor general says in a special report into outbreaks of superbugs like C. difficile. That was an improvement from a rate of 18 per cent, because it came at the end of a recent project to encourage hand washing. **TORSTAR NEWS SERVICE**

Canada



Atwood book tackles debt

Margaret Atwood has often had to dismiss charges of clairvoyance and prophecy, and with the timely publication of *Payback: Debt as Metaphor and the Shadow Side of Wealth*, she has found herself doing it again. The book, a philosophical treatise on debt, hit stores as major players in world finance picked through the rubble of credit default.

REUTERS

Too old to drive?

Health more relevant for senior drivers: Experts

BRIAN TOWIE
brian.towie@metronews.ca



You might not be too old to drive, but you might be too unwell.

The issue of whether elderly drivers should be on the road hit the media again after an unidentified 84-year-old driver hit a pedestrian at a Halifax crosswalk Friday. The 56-year-old victim was dragged 30 feet underneath the car before a mechanic freed him. No criminal charges are pending.

Circumstances echo concerns raised in 2001, after 85-year-old Pilar Hicks hit and dragged Beth Kidnie, a 42-year-old mother of three, to her death. Justice

"Illness can happen at younger ages and impair the ability to drive."

Dr. Allen Dobbs

Gerald Lapkin convicted Hicks of criminal negligence and wondered if regulators shouldn't consider more restrictions on elderly drivers.

But, Dr. Allen R. Dobbs, president and CEO of Drive-able Assessment Centres Inc., a nationwide driving ability assessment program, argues it's not the age of the driver that should be considered, but their abilities — which are often affected by medical conditions.

"It's a question that's asked the wrong way: What's the correct age to hang up the keys?" Dobbs said. "It's about medical conditions. Illness can happen at younger ages and impair the ability to drive."

Still, Dobbs acknowledges older drivers face illnesses, such as dementia and heart and lung diseases that can impair driving skills.

Dennis Prouse, director of government relations at the Insurance Bureau of Canada, agrees medical conditions should be a top priority in the years to come.

Faced with an aging population, "we're asking ourselves how to tackle this," he said. "A blanket age cut-off is not the answer."

Ottawa Carbon bill



City federal Conservative candidates John Baird, left, and Elie Salibi place a VOID sticker yesterday across a prop invoice that they say represents the \$69-million cost of the Liberal's Green Shift plan to the City of Ottawa, if it were ever to be implemented.

Do Not Call List goes online today

TELEMARKETERS Some of Canada's largest users of telemarketing services say they welcome the National Do Not Call List.

They believe it will make their industry more efficient by eliminating wasted calls to consumers who don't want to be contacted, said Wally Hill, vice-president of public affairs for the Canadian Marketing Association.

The list, which comes into effect today, was created by the Canadian Radio-television and Telecommunications Commission and allows consumers to have their name taken off most telemarketers' lists.

To register with the list, visit www.lnnte-dncl.gc.ca.

TORSTAR NEWS SERVICE

News in brief

MARS A team of Canadian scientists has discovered snow falling from Martian clouds — a first in observations of the red planet. The discovery was made using a Canadian-made component of NASA's Phoenix lander.

VOTE An Elections Canada policy has been released stating that people wearing face coverings will not be permitted to vote in the upcoming election unless they swear a special oath. **METRO NEWS SERVICES**

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Layton promises more money for transit

NDP Leader Jack Layton pledged more money for funding public transit if the NDP are elected. Layton said he would funnel one cent per litre of the gas tax — about \$400 million per year — to transit. **CBC NEWS ONLINE**

canada 9

Election 2008

Conservatives



Conservative Leader Stephen Harper listens as Josiah Doern, 8, demonstrates how to play the cello yesterday in Ottawa.

Arts on PM's agenda on Quebec trip

ISSUES It's make-or-break time for the Conservative campaign in Quebec.

With the nationally televised French debate tomorrow, Conservative Leader Stephen Harper made a quick swing into the province where his party is taking a shellacking over arts cuts and tougher youth crime penalties.

He was met by one of the largest crowd of protesters of this campaign: About 300 people from two of the province's biggest labour unions, women's groups, and an impoverished near-by Aboriginal village. They blocked a regional highway, carried signs and blew whistles under the watchful eye of Quebec police. Harper did not meet with them, but offered to dispatch one of his cabinet ministers, Christian Paradis, to do so, the first time the Conservative campaign has reached out to any group of protesters.

Hours before returning to Quebec for the third time in the campaign, Harper tried to present a more arts-friendly face to Quebecers.

He announced a small tax break for children's music, drama and arts lessons — proof, he said in French, "of our government's support for the arts."

Harper insisted "independent analysis," which he did not produce, justified the recent \$45 million in cuts to arts programs because they were "not effective."

TORSTAR NEWS SERVICE



Watch as Stéphane Dion defends both flanks from the Tories and a surging NDP at metronews.ca/canada

14 days remain until the 2008 Canadian federal election

Dion's chance to alter image

Debates offer Liberal leader the opportunity to talk about policies, vision

National Report

Lawrence Martin

After being defined by Stephen Harper's attack machine as an arms-played wimp since winning the Liberal leadership two years ago, Stéphane Dion gets a last chance to alter the deathly image in the campaign debates tomorrow and Thursday.

Liberals now regret not having fought back earlier. They should have, some of them say, found a photo of Harper looking completely

moronic and plastered it all over the television screens. They have learned a lesson — probably too late! — that, in Canada, gutter politics works.

That kind of politics was never the style of the sincere and overly academic Dion. In the debates, some Liberals want him to make a direct appeal to the voters. At the conclusion a message of this kind: "I hope you have not been taken in by the demeaning ads about me. Yes, I have difficulty pronouncing words and, yes, I look too much like a professor. But is that what really matters? Or is it the values I have, the policies and vision, the team I have?"

It might help. Dion has to come across as statesman-like and credible. He has a tendency to sound forced and pleading. If he goes that route, he'll be seen as desperate and it will quicken his descent.

There was a nice moment in his campaign on the weekend. It was his 53rd birthday and reporters presented him with a limited edition print of the puffin bird — the one used by Harper dirt-throwers in the defecation ad.

He was also given a giant card that said: "This is a magic birthday card. It can only be opened by someone with good looks, intelligence and sex appeal." Dion blushed. One of his staffers told reporters, "You guys do have a heart" after all.

The debates will be tough for him. Harper is cooler under fire. The Liberal leader faces the added problem of having his friend, Green party Leader Elizabeth May, front and centre.



ANDY CLARK/REUTERS

It's an obstacle because, despite their mutual respect, her party is on the rise and she steals more votes from the Liberals than the others. The Conservatives are falling back in Quebec and need a big boost in Ontario and British Columbia to score a majority. Those are the provinces where the Greens are strong and divvy up the votes on the left.

May is the wild card. On some occasions, she comes across as long-winded and wingy, on others knowledgeable, quick-witted and winsome. If she's a bird that takes flight, she will help Stephen Harper to a majority.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Only NDP can stop Conservatives, Layton charges

Jack Layton insists that only the NDP can stop Prime Minister Stephen Harper, and he's urging "progressives" to rally behind him to do so.

"I think he's bad for the country. I think he's bad for working families," Layton said of the Conservative leader, speaking to the Toronto Star's editorial board yesterday.



"I think he's bad for the country. I think he's bad for working families."

Jack Layton on Stephen Harper

Layton said Liberals "disappointed" with Stéphane Dion are welcome aboard the NDP bandwagon, as are Greens, and red Tories.

Dion's support of Harper's "reckless, across-the-board" \$50 billion in corporate tax cuts undermines the Liberals' moderate credentials, he said.

Polls show Harper is on the cusp of winning a majority of seats in the Oct. 14 election, despite the fact the combined support for the NDP, Liberals, Greens and Bloc Québécois far outstrips the Tories' support.

"It's really up to Canadians to decide what kind of political formations should succeed in our

country. I'm suggesting that ours should. That's my proposition," he said.

"We need seats to form a government. We're probably the only party that will defeat Conservatives in this election. I think we'll defeat quite a few."

"Stephen Harper's got to be moved out of office."

TORSTAR NEWS SERVICE

News in brief

WOMEN Canada's major political parties have nominated 387 women to run as candidates in the federal election — a record number. While this falls short of fair representation at 29 per cent of all candidates, it is a sign of progress and increased efforts by all major parties, says Equal Voice, which challenged the leaders of all parties to field more women candidates in this election. "This improvement provides more opportunities than ever to increase the representation of women in Parliament," says Equal Voice chair Raylene Lang-Dion.

CONTROVERSY Conservative Agriculture Minister Gerry Ritz yesterday bolted from reporters seeking comment on his controversial joke about Canadians dying from eating meat tainted by listeriosis. Ritz's participation yesterday at a Canadian Federation of Agriculture debate was his first national public appearance during the election campaign since it was reported that he made jokes about the health crisis.

METRO NEWS SERVICES



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Crime: You are tired of a justice system that is too soft on criminals and does little to protect law abiding citizens. The Conservative government has a proven track record of fighting crime. They are committed to ensuring those who commit serious crime, do the time. Like you, I want to make the streets safer for the residents of Dartmouth-Cole Harbour.

Campaign Office

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Authorized by the official agent for Wanda Webber.

U.S. Defence Secretary Robert Gates predicted yesterday that growth in U.S. military spending would level off in the coming years but not face severe cutbacks, despite the current economic crisis. **REUTERS**

World



Fashion defies gloomy climate

France's ready-to-wear spring and summer shows began in earnest yesterday with Christian Dior's collection, as the world of fashion flew in the face of an increasingly ominous world environment. Around 100 designers will be showing collections over the coming week, sending models, stylists, reporters and fashionistas racing around the French capital, seemingly oblivious to turbulence menacing the global economy. **REUTERS**

U.S. recession fears soaring after vote

Americans may start feeling pinch soon

The U.S. economy was in dangerous waters before a shock House vote yesterday to reject a bailout for troubled financial firms, and it's now even closer to being on the rocks.

Credit markets have seized up, banks are failing in Europe or facing arranged marriages in the U.S. while frightened consumers clutch their wallets closely — all warning signs that economic activity is near grinding to a halt.

Analysts said lawmakers' rejection of the bailout — never popular but widely thought necessary — heightens the risk that a deepening U.S. banking malaise will spread more rapidly abroad and worsen a developing slowdown.

Shaky confidence

American consumer confidence was already shaky before yesterday's bailout vote

"Today's vote not to pass the \$700 billion package to aid the liquidity crisis has raised the probability of a global recession as capital flows seize in the entire system," said Chris Jarvis, senior analyst with Caprock Risk Management, warning it may soon be felt by ordinary consumers.

In recent days, banks have been increasingly hoarding cash and may now be so reluctant to lend that longstanding relationships with businesses risk being interrupted to the extent

and a report issued yesterday showed U.S. spending in August was flat.

that some could have difficulty meeting payrolls.

Gary Thayer, chief economist at Wachovia Securities, warned "it won't be long" before the impact is felt on Americans' day-to-day affairs.

"We're already seeing a weak economy and if we don't see the credit markets improve within the next week or two, we'll start to see some businesses having difficulty in getting credit," he said. "This could lead to increased layoffs within the next month." **REUTERS**

Egypt Hostages safe and sound



A recently freed tourist waves after arriving at a military airport near Cairo yesterday. Eleven European tourists and eight Egyptians abducted in a remote border area of Egypt were freed and half of their kidnappers killed, Egyptian officials said yesterday. **REUTERS**

News in brief

ISRAEL Israel should withdraw from nearly all territory captured in the 1967 Middle East war in return for peace with the Palestinians and Syria, outgoing Prime Minister Ehud Olmert was quoted yesterday as telling a newspaper. Olmert, in a caretaker role since quitting on Sept. 21, said he was breaking new ground in calling for a broad pullback from the occupied West Bank, where Palestinians hope to establish a state, and in the annexed Golan Heights, which Syria wants back.

IRAN Government officials said yesterday Iran would not halt sensitive nuclear work as demanded by the UN Security Council's latest resolution on Tehran's atomic program. The West believes the country is aimed at making warheads.

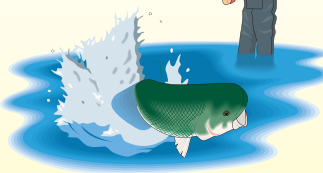
IRAQ Doctors in Iraq will have the right to carry guns to protect themselves, the government said yesterday, in a bid to address the security concerns of a profession that has been targeted by gangsters and militants. **REUTERS**

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Militants in Pakistan boosted by Afghans

PAKISTAN Militants battling Pakistani forces are getting weapons and reinforcements from Afghanistan, security officials said yesterday, vowing no let-up in their offensive in the northwest.

Government forces launched an offensive in the Bajaur region on the Afghan border in August after years of complaints from U.S. and Afghan officials that Taliban insurgents in Afghanistan were getting help from Pakistani border areas such as Bajaur.

Now the tables have turned and the militants locked in heavy fighting with Pakistani forces are getting help from the Afghan side of the border, officials said.

"The Pakistan-Afghan border is porous and is

Displaced

The fighting has displaced several hundred thousand people and about 20,000 had sought refuge across the border in Afghanistan, the United Nations said.

now causing trouble for us in Bajaur," a senior security source in the military told a news briefing.

"Now movement is taking place to Pakistan from Afghanistan," said the official, who along with a colleague at the briefing, declined to be identified.

The officials did not blame the Afghan government for sending militants across the border but called on Kabul and U.S.-led forces in Afghanistan to stop the flow. **REUTERS**

Typhoon roars toward China

WEATHER A powerful typhoon headed toward the eastern Chinese coast yesterday forcing over 200,000 people to seek higher ground, state media said, after it battered Taiwan over the weekend.

Typhoon Jangmi, the sea-

son's most powerful storm, was spinning off the coast of China's Fujian province and moving toward Zhejiang and Shanghai, with winds of up to 126 km/h, the Fujian Provincial Meteorological Bureau said. **REUTERS**

Lanvin in talks to sell stake to Qatar investor

As the luxury goods market dries up amid a poor credit outlook and tough economic times, French fashion house Lanvin is in talks to sell a stake to a Qatar-based investor for around \$220 million US. Exclusive talks will continue through October. **REUTERS**

11

Business

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA

Business in brief

BANK BUYOUT Citigroup Inc. will buy regional powerhouse Wachovia Corp.'s banking operations in a \$2.16 billion US all-stock transaction. The deal, to be brokered by U.S. regulator Federal Deposit Insurance Corp., is the latest tie-up triggered by the financial crisis.

OIL Imperial Oil Ltd. said yesterday it will spend \$100 million to cut sulphur dioxide emissions at its 121,000 barrel a day refinery in Sarnia, Ont. A tail-gas clean-up unit will cut emissions by 50 per cent and meet Ontario government regulations. **REUTERS**

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TSX battered after bailout rejected

The Toronto Stock Exchange's main index tumbled nearly 7 per cent yesterday, the biggest drop in eight years, as U.S. lawmakers rejected a proposed \$700 billion US bailout of the financial services sector, sending investors fleeing for the exits.

As the U.S. House voted to reject the rescue plan, concerns mounted that the fallout from the U.S. crisis was spreading globally and that the world economy was in for a downturn.

The S&P/TSX composite index plunged 300 points in about five minutes as results came in. By close, it dropped 840.93 points, or 6.9 per cent, to 11,285.07, its biggest percentage drop since October 2000. On a points basis, it was the biggest decline ever. **REUTERS**

Bailout The human side



A demonstrator stands outside the New York Stock Exchange during a protest in New York yesterday, while U.S. lawmakers met to vote on a \$700 billion US bailout of the financial industry.

Energy stocks pounded on TSX

ENERGY Canadian energy stocks were hammered yesterday in one of their biggest one-day drops as oil and gas prices skidded due to the financial crisis.

The Toronto Stock Exchange oil and gas sub-

group fell nearly 11 per cent, or 35.36 points, to 298.08, a 20-month low for the sector. That made it the biggest loser on the TSX as the broader composite index sank more than 840 points. **REUTERS**

THE DAILY BUSINESS BUZZ

Entertainment media merger: DHX Media Ltd. and Entertainment One Ltd. have agreed to merge their business operations in a reverse takeover of Entertainment One by DHX.

Broadband comes to the Cape: Premier Rodney MacDonald joined Seaside Communications yesterday to celebrate Orangedale, Inverness Co.'s connection to high-speed Internet. It's part of the province's \$75-million Broadband for Rural Nova Scotia initiative.

Gammon Gold to list on NYSE: The New York Stock Exchange has approved Gammon Gold Inc.'s application to list on the NYSE as GRS. The company anticipates common stock trading will begin on Oct. 14.

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EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

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smartcookies.com

You don't have to be an economist to know that we have fallen on difficult times financially. So in these troubled times we should be taking action to recession-proof our finances. Here are some simple tips you can start doing today:

For You:

1. Save, save and save some more. If possible, you should build an emergency fund of at least three months of living expenses. Whatever you can manage to put away

monthly, you should (even if it's just \$50). This is the most basic thing you can do in order to protect yourself and to ensure that you are not relying on credit should something unexpected happen.

2. Become a savvy spender. If you don't yet have a spending plan, visit smartcookies.com and download one. If you haven't a clue as to where your money is going, then you probably also don't know what kind of simple changes you can

Be a financial fighter

make to save.

3. Pay it down. As fast as possible, pay off anything you owe on credit cards and lines of credit. Also, on any debt you do have, make sure that you are being charged at the lowest interest rate that you are eligible for.

4. Be patient. If you

can't afford to buy it, then don't. We understand that you may feel like you are entitled to the best car, the nicest wardrobe, the dinners and drinks out. But be patient.

5. Build a community. Now more than ever, it is important to start your own money group (if you haven't already). Rely on members to share knowledge, resources and tips for everyday savings.

For Your Job:

6. Build your skill set. No job is 100 per cent guaran-

teed and so making the effort to learn more and in turn making yourself marketable is a must. Network and seek out mentors in your field to ensure that you stay connected and stay current.

7. Toot your own horn. We all know people who promote themselves and make it known that they are productive members of the team. We're not saying you need to be obnoxious, but do make sure that your work is getting noticed and that your boss knows that you are a valuable asset.

The Smart book

For more tips, check out your local bookstore for Smart Cookies' Guide to Making More Dough, on sale this week!



8. Make more dough. Now is the time to figure out what you can do to make some extra dough. Love yoga? What about becoming an instructor? Good in the kitchen? Maybe consider catering personal events for friends and families. Everyone has specialized skills, it's just a matter of figuring out what they may be.

If you have suggestions for the Smart Cookies, e-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Read this week's column at metronews.ca



Patience, young home buyer

Q My wife and I are both in our late 20s. She is a social worker and I am in the food industry. We are determined to own a home. We have accumulated a sufficient down payment for our first home. Is this the right time to buy?

Chris and Toni

A The place that you call home should be viewed as a long-term investment and security in your later years.

Historically, real estate has appreciated over the long haul and the patient are not disappointed. No other investment allows the owner to be sheltered from the elements, taxes and a landlord.

Recent reports by the Canadian Real Estate Association (CREA) have indicated continued sales and

MoneyMatters

Henry Choo Chong

choochonghcgca@yahoo.ca

price declines. Particularly, in cities in our Western provinces such as Vancouver, Calgary and Saskatoon.

According to CREA, the average home in the Canadian market experienced a 5.1 per cent drop in price. However, not all cities in Canada are created equal. Not surprisingly, cities that enjoyed the most growth in price appreciation are giving some of it back. Last month, Vancouver saw a 5.2 per cent price drop compared to the same month last year. Calgarians

watched as prices slid 8 per cent. On the other hand, although Toronto has slowed, it had a 0.8 per cent increase.

What does this all mean to the average first-time buyer? The Canadian real estate market will continue to experience price adjustments, but most experts do not expect a U.S.-style housing meltdown.

If you already live in a home, relax; no one is kicking you out. If you are an investor, continue to monitor the market and look for opportunities. First-time buyers should be patient and buy when you are comfortable.

Crystal balls are like mirrors, the viewer sees only a reflection.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcgca@yahoo.ca.

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Please RSVP to Anna Conner at anna.conner@sunlife.com, or 902-481-0022 ext. 2238

And the survey says...

According to the 2008 survey for PracticalMoneySkills.ca — an online financial literacy program that helps students plan how to manage their finances — 30 per cent of students have never created a budget. **METRO NEWS SERVICES**

13

Student Cents

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Easy ways to save

- **Books are a big expense.**

If you can, try to buy or borrow an older version of the textbook you need from someone who took the class before you.

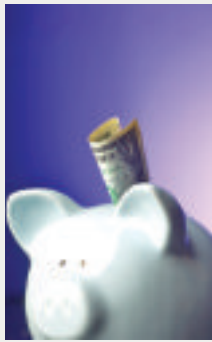
- **Sell your used textbooks.**

Your campus bookstore might give you a raw deal on what you paid for the text if you try to sell it back to them. You might want to do it online. Some sneaky vendors might even stick around near the shelves where students will buy those books, sell their used version at a cheaper price and get the direct payout. We don't recommend you do that, of course; we're just saying it sometimes happens.

- **Kick your coffee fix.** By forgoing that daily morning trip to the java joint, you can save as much as \$70 per month (assuming you spend \$2.50-\$3.50 per day in coffee). Buy a small coffee maker and brew your own.

- **Skip the take out.** Keep healthy and affordable options in your rez or apartment: Bagels, peanut butter, string cheese and fruit are all better for you than slimy 3 a.m. burgers and pizza slices.

- **No bottled water.** It's more expensive, and advocates for water say it's not healthier and it encourages privatized sources. Get a water bottle and



drink from the tap for free. If you're worried about pollutants, get a filter.

- **Don't bother with a TV.**

You can watch cable television when you want, how you want, through your computer. Your desktop or laptop may even have a DVD player so you can watch your favourite flicks.

- **Leave the mall alone.**

Shop at a second-hand thrift store — you'll be pleasantly surprised at what a rich furrow it is to plow.

- **Get a pay-as-you-go cell phone plan.** (This only works, of course, if you don't use your mobile often.)

— BRIAN TOWIE



With little bit of luck and financial savvy, students can graduate with a manageable debt and start saving that much sooner.

Saving still possible

BRIAN TOWIE
brian.towie@metronews.ca

Given the low income, high expenses and unexpected emergencies that make up part of a post-secondary student's daily life, how can they save money when it's already hard enough to make ends meet?

Unless those financial commitments that universities and colleges demand are satisfied before you attend school, it's next to impossible and impractical to squirrel away your income, given your tuition balance or any loan that needs paying down. But you can exercise a degree of damage control if you make the

right choices, the experts advise. With a little bit of luck and financial savvy, you might even graduate with a manageable debt and start saving that much sooner.

"You can save. A lot of students will go out with their friends and the money just goes," says Laura Walker, a financial adviser at Edward Jones Investments. "But the ones who want to come out of school with little debt or possibly even no debt, if they're smart and they work hard enough, will get that money away so that they won't even think about it: Out of sight, out of mind, and there are tools for students to do it."

Several savings tools,

Walker says, include Canada Savings Bonds, high-interest savings accounts and bursaries available at your school that may not require stellar marks to obtain. Starting next year, you'll also be able to put your cash in a tax-free savings account.

"The tax-free savings account will come into play in January of 2009. The flexibility of it is nice," says Myron Knodel, financial planning expert at Investors Group. "If you're 18 or over, you can contribute up to \$5,000 into it and withdraw from it any time you want without penalties. You won't get a deduction, but that money is not subject to income tax."

Beyond these options, the experts suggest you get some professional help. An adviser can help you determine exactly how much you'll need for the school year, and how much you should save, if you can, once you've budgeted for your costs.

"Students should connect with a financial planner," says Knodel.

"Even financial planning software can help. You factor in your income and what your costs are going to be based on your commitments and your lifestyle choices, and there may be some significant lifestyle changes that you'll be required to make if you're going to reach your goals."



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A critical illness insurance policy can be less expensive when you're young and — if you're diagnosed with a critical illness — it can provide a lump sum payment so that you can focus on your recovery. **NEWS CANADA**

Insurance



What is tenant insurance?

Tenant insurance is useful if you're renting a home, going away to school or want to protect expensive items such as electronics or jewelry. It may cover you in the event of a fire or a break-in, or if someone is injured on your property.

NEWS CANADA

The great protector

Insurance is all about being prepared, as a boy scout might say.

When you're listing off interesting subjects, insurance might rank with "best cities in Canada to watch the grass die," but we rely on insurance to get us through our lives on a day to daily basis, without giving it much thought. It protects you, your family, your possessions and your business. In fact, without insurance, it's pretty safe to say that life as we know it would be much different.

Canadians know how important it is to hedge against potential losses. Insurance is the family's fifth-largest expenditure, according to Statistics

"The government will not be able to take care of the elderly. People need a guarantee."

Mark Halpern

Canada. Canadians spend more than \$40 billion on insurance every year, according to stats from the Insurance Bureau of Canada and the Canadian Life and Health Insurance Association. An expensive proposition to be sure, but policy holders know it's money well-spent should a basement flood or a sound system be stolen.

Insurance comes in many forms — car, home, tenant, business, but health ranks among the most important, especially in years to come, says Mark Halpern, a certified financial planner for insurance provider illnessProtection. He argues that as the baby boom generation gets older and their health deteriorates, demands on health care will rise exponentially to a level where access to federally funded care will become even more limited.

"The most important thing to have insured is your ability to generate an income. You don't protect the egg so much as you protect the goose that laid the egg," he said. "The reality of which people must be aware, and not enough are, is that we're living longer, and our health-care system is not prepared for it. The government will not be able to take care of the elderly. People need a guarantee."

Life insurance is equally important in the sense that it protects your family from financial loss after you die, argues Sam Albanese, director and founder of the financial services practitioner program at Seneca College. Morbid as this may sound, you're literally taxed into the grave. Once you pass



Insurance can protect you and your family.

on, the government will look to those you leave to satisfy the capital gains tax. If you didn't leave enough or if you don't have some sort of final plan, it may liquidate assets that you left to loved ones, making them foot the bill for your death.

"No one dies for free. Tacky but true," he said. "Think of Ottawa as a partner, albeit silent, as you go through life. Once you die,

it's not so silent. Everything you've got is taxable, and you'll need money to pay the capital gains tax. You can leave your family devastated, or you can make sure your loved ones are taken care of by leaving them in a good position."

Like any investment, with insurance, it's usually better to start sooner rather than later. Fixed rates and lower premiums

come easier with younger, healthier policy holders, the experts agree. It always pays in long run, notes Halpern, to think about how you'll manage the future, and insurance makes up an integral part of your plans.

"There's almost nothing worse than financial worries," he says. "The sooner you get started, the better off you'll be."

METRO NEWS SERVICES

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By definition

Liability insurance provides protection from the threat of being sued for injuries caused to another person, damage to their property or liability associated with having your product injure someone. **NEWS CANADA**

A wealth of opportunity

'There's never been a better time to get into the business': Expert

An aging population may make the insurance industry very lucrative in years to come, experts say.

Professionals are looking at two major developments in the world of insurance as baby boomers get older. There will be a massive transfer of wealth once that generation retires, dies and passes on their estate, and no one to manage it because of a lack of new blood. In an industry where the average age is 57, those in the know say there are relatively few people to whom they can pass on their business.

"There is a looming labour shortage," says Sam Albanese, director and founder of the financial services practitioner program at Seneca College. "In a little bit more than 10 years, 40 per cent of the workforce in financial services will be gone, be it retired or otherwise. Most of us are in our late 50s, we want our Fridays off, and we're asking ourselves, 'Who's going to take care of our business?'"

Albanese says insurance providers are so short-



In about 10 years, 40 per cent of the workforce in financial services will be gone, experts say.

staffed they've been known to hire aspiring financial planners before they're even done school, though market conditions exist that graduates could go into business for themselves with relatively little risk. But there are major differences between going independent versus working for a major provider — such as a bank or an investment group.

While a salary with a marginal commission is often the norm working for a company, the individual

typically doesn't have rights to their client list, which stays with the organization should they find another job. Golden handcuffs in a sense, says Gary Mandel, president of Independent Financial Concepts Group Ltd., a recruiting firm for graduates looking to pursue a career in insurance.

"They've got a captive sales force," Mandel said. "The contract is not with the adviser, it's with the insurance company. You can leave, but you can't take

your clients with you."

Much like Albanese did with his former company AFG Canada Inc., an inde-

pendent builds their own business and maximizes their profit, be it through developing their own client list or consulting for other agents among the various ways to do so. No matter what a budding agent decides, the world of insurance is a wealth of opportunity, says Mark Halpern, certified financial planner for insurance website illnessprotection.com. "It's fantastic. There's never been a better time to get into the business," he said. "The greatest saving generation will pass their estate to its children, the greatest spending generation. There will be so much wealth to be transferred."

METRO NEWS SERVICES

Travelling tips

- **DO** get travel insurance. Travel isn't getting any cheaper, so buying insurance means you have options if something happens that's beyond your control while you're away.
- **DON'T** rely on credit card travel insurance or the government health insurance plan to pay your medical bills. Why take the chance that they won't cover all of your medical expenses?
- **DO** book early. Insurers are more likely to give you a deal if you book well before your departure date.
- **DON'T** hold back any health information. Even minor changes in your pre-existing condition or a new prescription needs to be shared with your insurer. Otherwise your risk being denied your claim when you need it most.

NEWS CANADA

Car insurance myths debunked

- **Myth:** The colour of my car affects my insurance premium.
- **Fact:** Factors that determine premiums include the vehicle's year, make, model, body type and engine size. Colour is not one of them.
- **Myth:** If I use my car for work and have an accident, my employer's insurance will cover it.
- **Fact:** Your employer may reimburse you for mileage, but your own insurance provides coverage in case of an accident. If you use your vehicle

for work, you should be advising your broker of this use.

- **Myth:** Parking tickets increase insurance premiums.
- **Fact:** Parking tickets do not affect insurance premiums. But a licence suspension from unpaid fines can affect your driving record, resulting in higher insurance premiums.
- **Myth:** If my friend borrows my car and has an accident, his insurance will pay for damages.

- **Fact:** If you lend your car, you lend your insurance. Any claims will be made under your policy, even if you were not involved in the accident.

- **Myth:** Auto insurance companies can charge what they want.
- **Fact:** Auto insurance is subject to significant regulatory requirements. Insurance companies must submit their automobile insurance rates to government agencies for approval.

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The Nova Scotia Insurance Women's Association is a group of professional women employed by various insurance companies, and their related industries throughout our province, and are all members of a national board called The Canadian Association of Insurance Women. The purpose of our association is to encourage and foster educational programs designed to broaden the knowledge of its members and to encourage people coming into the industry to take advantage of the programs offered and in return make them more responsive to the requirements of their employers. At regular monthly meetings there are speakers who discuss various subjects related to the insurance industry. Education, networking and professional development are our goals.

If interested in our association our website is www.nsiwa.com

INSURANCE INFORMATION CAMPAIGN 2008

October 6th, to 12th, has been officially proclaimed "Insurance Information Week" by Mayor Peter Kelly and regional Council on September 30th, 2008. Each year we have a National Insurance Information Campaign, the local campaign is chaired by the Nova Scotia Women's Association and sponsored by the Canadian Association of Insurance Women. The committee is made up of insurance industry associates in response to the needs of our community and to inform the public on safety issues.

UPCOMING EVENT:

October 4th, 2008 – Location Mic Mac Mall – "Preventing Vandalism on Oil Tanks" – Mark Bishop of CBI Inc will demonstrate "Line Guardian"

Watch Metro News for further upcoming events...

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DRUM! is a musical production featuring 20 musicians, dancers, drummers and singers from four different cultures: Black, Acadian, Aboriginal and Celtic. Runs to Oct. 12. Go to drumshow.ca for more. METRO NEWS SERVICES

Fall Destinations

Celebrate summer's end

JON TATTRE
for Metro Halifax



Nova Scotia puts on her prettiest clothes in the autumn.

The slow-motion fireworks of our red, orange and yellow tree leaves celebrate the end of summer and brace us for winter.

Here are a couple of unusual ways to get out and explore the province beyond HRM.

A scary adventure

Haligonians usually visit Mahone Bay for a peaceful break in the so-cute-you-want-to-hug it town. Head there early October, and you'll find yourself eyeballing 200 handmade scarecrows.

The Great Scarecrow Festival and Antique Fair (Oct. 3 to 5) is spectacular. Locals put together the scariest, funniest or royalist strawmen they can dream up and display them throughout the town for a shot at the coveted honour of being named top scarecrow.

The characters range from the royal family to religiously themed works in front of the famous three churches.

On Friday and Saturday from 7 p.m. to 9 p.m., check out the Magical Pumpkin Path. A local artist is right now hard at work on at least 150 hand-carved creations. The end result will be illuminated, the perfect setting for a stroll amongst them accompanied by live Celtic singing and folk songs. Linus would be in Great Pumpkin heaven.

Both events are centred on JoAnn's Market on the main street. It's the place with the pumpkins on the roof.

There is also live theatre, scary story readings, an antique cars show, a bluegrass and country music festival, wine tasting and, surprisingly, a musical comedy about endangered species.

But what about quilting, I hear you ask. At the **Quilt Jamboree at Suttles & Seawinds**, you will have your big chance to learn how to stitch.

Check out mahonebay.com for more details.

Riding season begins

Colourful leaves, fall-scented air, and the opportunity to break out your new sweater: Three good reasons to go for a horse ride this fall. **Hatfield Farm's** riding season runs until November, leaving you a few more weeks to book a ride.

If you've never been on a horse before, they can give you the basics and have you riding straight away. You'll soon be clomping serenely along, admiring the trees from your stately mount. If you've had some experience, or want to get the blood pumping, you can go for an advanced trail ride, which gets the horses into a canter.

Some of the outings include a steak barbecue and cater to families. Children have to be eight or older, but there are pony rides for younger kids.

If you've got a really bad case of post-summer blues, chase them away with the sheer beauty of autumn by taking an overnight adventure. You'll need to assemble a group of 10 or more, but just remind your friends how much they loved the Lone Ranger when they were kids. Ride out and camp under the stars, or under your tent, or in the bunkhouse, if you only want to rough it a little bit.

The farm also does sleigh rides year-round, Sundays at 2 p.m. Check out hatfieldfarm.com.



Fun fall events

• **Discover the Wines Nova Scotia Fall Festival:** Chefs and winemakers from across the province get together to offer a variety of classes and food-pairing events. Various locations. Runs to Oct. 26. For more, go to winesofnovascotia.ca.

• **Celtic Colours International Festival:** More than 250 musicians, dancers, singers, and storytellers will appear at venues across Cape Breton Island for this festival. Admission: varies by event. Runs Oct. 10-18. For more, go to celtic-colours.com.

• **Oktoberfest Heritage Dinner:** Celebrate October the German way by lamplight in the Cookhouse. Takes place at Lake Charlotte, Eastern Shore on Oct. 18; \$23 per person. Go to heritagevillage.ca for more.

• **Halifax Pop Explosion:** One of Canada's most respected festivals and showcases for new and emerging music, art and culture. Founded in 1993, the festival features the best in new music, and fuses it with exhibitions of art, media and pop culture. Runs Oct. 21-25. Go to halifaxpopexplosion.com for more.

METRO NEWS SERVICES



The Great Scarecrow Festival and Antique Fair runs from Oct. 3-5 in Mahone Bay.

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For the love of quilts The world's largest quilt show, Houston Quilts, runs from Oct. 30-Nov. 2. For more, go to quilts.com. **METRO NEWS SERVICES**

fall destinations 17



A little girl picks Honey Crisp apples at a U-pick orchard. Haligonians can pick their own apples at Daniels U-Pick, which is just outside of Windsor, less than an hour's drive from Halifax.

Apples in Annapolis

Pick your own fruit this harvest season

JON TATTRIE
for Metro Halifax

We urbanites tend to experience fall as a cooling-off period en route to winter, rather than the harvest season that's key to feeding us year-round.

Change that by hopping in your car and motoring along for a bit of apple picking in the Annapolis Valley.

Daniels U-Pick is just outside of Windsor, less than an hour's drive from Halifax. Convince someone else to drive and as a bonus, you'll get an amazing tour of the fiery red, gold, orange and yellow leaves. The leaves contain those colours from the start, but the green brought out by photosynthesis dominates until they begin shutting down for winter. As unlovely as Highway 101 normally is, it's actually very pretty right now, with some glowingly bright clusters of colours.

Once you've picked your U-pick, you'll get a couple of big plastic bags to fill for about \$10. Red Delicious,



At U-pick orchards, you'll get a couple of big plastic bags to fill with apples — or pears, pumpkins and plums — for about \$10.

"You can clamber right up the tree to grab that extra delicious Red Delicious."

Cortland and McIntosh apples hang juicily from the trees. You can clamber right up the tree to grab that extra delicious Red Delicious, or climb up the wood ladders to snatch that edenic apple.

For those of us accustomed to seeing fruit in plastic containers at the grocery store, plucking it off the branch yourself is pleasingly grounding. Children can scamper around chewing on the giant Cortlands. You can also pick pears, pumpkins and plums, though these are scarcer the deeper into fall we go.

The U-pick "shops" (generally a few walls and a roof knocked together) offer jams, jellies and drinks. You can buy apple cider, perfect for a cool drink or a hot treat. If you get it unpasteurized and leave it to sit for a few days, it will magically turn into alcoholic apple cider. Don't leave it alone, though, as the pressure will eventually cause the jug to blow up if it's not opened periodically.

Go early, and spend the afternoon winding your way home along the old No. 1 Highway. The bucolic back roads around Windsor are decorated with beautiful old farm houses, cows, horses and the odd pig. The gloriously dying leaves are best enjoyed at a slower pace, so make sure you stop off for a little walk on the way home.

BRUNCH SEASON IS BACK!

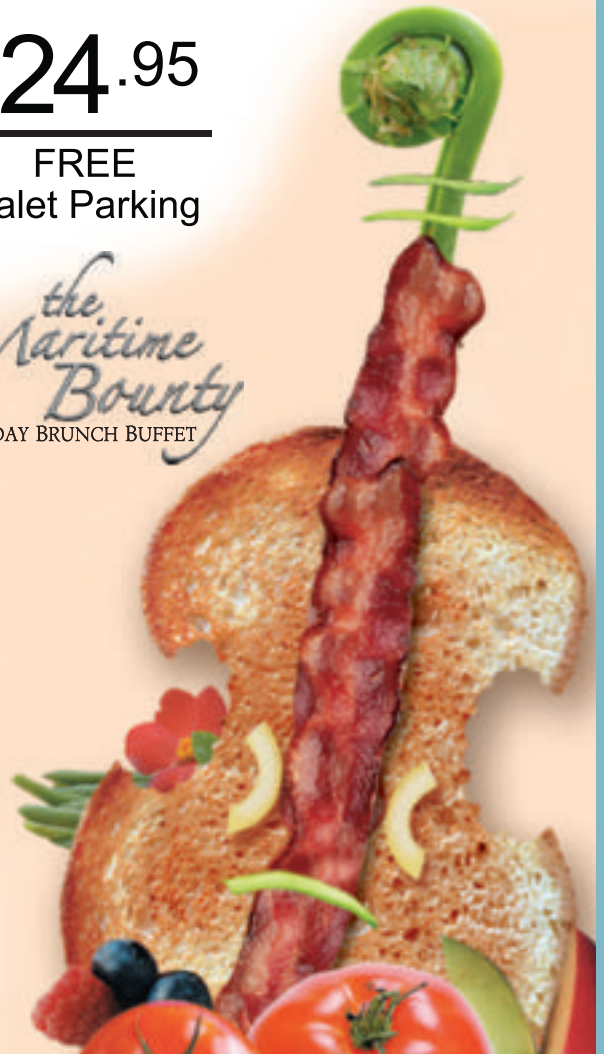
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more tips online

- Follow the Quick Link at gov.ns.ca/agri for a list of U-picks.
- Check out nsapples.com for apple-picking tips and loads of other information.


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Rams fire Linehan, Haslett named interim head coach
The St. Louis Rams fired head coach Scott Linehan yesterday after an 0-4 start to the 2008 season. Defensive coordinator Jim Haslett, a former head coach with the New Orleans Saints, will take over on an interim basis. **METRO NEWS SERVICES**

Sports

SPORTS@METRONEWS.CA



Blackhawks waive Khabibulin

The Chicago Blackhawks placed goaltender Nikolai Khabibulin, left, on waivers, according to a report in the Chicago Sun Times yesterday, the first step for the club to eventually move the veteran. The 35-year-old Russian is the odd man out in the 'Hawks goaltending rotation, which also includes free-agent signee Cristobal Huet, Corey Crawford and the untested Antti Niemi. **METRO NEWS SERVICES**

Jays look for a new leader

Who team hires to succeed Godfrey vital to club's future

YorkReport



Canada's MLB franchise is without a president for the moment because **Paul Godfrey** either stepped down yesterday, as he'd like us to believe, or he was released, as club sources whispered in my ear yesterday.

Doesn't matter either way now, does it? Far more significant at this point is the selection of Godfrey's successor by the Rogers ownership. The Blue Jays, after all, haven't exactly been smash successes in recent years. They never qualified for the playoffs during Godfrey's tenure — he took over in 2000 — and they haven't come close to attracting the nation-wide following they

Wake making waves in CFL

• With 18 sacks — seven against Hamilton — B.C.'s Cameron Wake can surpass James Parker's CFL record (26.5, set in 1984). Metro

columnist Marty York thinks Wake is the CFL's best player this season. For more, read Marty's latest CFL Report at metronews.ca/cflreport.

enjoyed during their halcyon days in the late 1980s and early 1990s.

The Jays' new bossman will play a major role in whether the organization can re-establish itself as a Canadian favourite or follow in the footsteps of the defunct Montreal Expos.

As I reported in this space back on July 29 — you can review it at metronews.ca/yorkreport — the Rogers braintrust has long had three candidates in mind to succeed Godfrey: Ex-Jays prez **Paul Beeston**, ex-Jays general manager **Pat Gillick** and ex-Rogers executive **John Tory**.

Beeston has been telling friends he has no interest

in returning, but a chunk of cold, hard \$\$ might be able to take care of that. Gillick, concluding his days as the Philadelphia Phillies' GM, has said he will retire at season's end, but he also said that many times in the past and changed his mind repeatedly. Tory is the chief of Ontario's Progressive Conservative party but he rescued the CFL from its deathbed when he was its commissioner and sources suspect he could be eager to similarly revive the Jays.

• So what happens to Jays GM **J.P. Ricciardi** now that Godfrey is no longer around to stick up for him?

Rogers sources told me

yesterday Ricciardi and most of his front-office aides will be dumped soon. In fact, they said one of the reasons for Godfrey's departure is that he refused to dump Ricciardi. Ricciardi's contract with the Jays runs through 2010. Gillick also is a candidate to resurface as Ricciardi's replacement.

• New York reports suggest the Yankees' **Jason Giambi** could be the Jays' first baseman next season if Ricciardi remains in Toronto. The two are pals ... Look for ex-Sportsnet anchor **Hazel Mae** to become the face of the MLB Network, which launches in more than 50-million U.S. homes next Jan. 1 ... And what's this I'm hearing about ex-Jay and ex-Brewer **Paul Molitor** trying to replace **Dale Sveum** as Milwaukee's manager next season?

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.



The Anaheim Ducks released forward Logan MacMillan, allowing him to return to the Halifax Mooseheads.

MacMillan set to rejoin Mooseheads

MATTHEW WUEST
matthew.wuest@metronews.ca

HOCKEY The Halifax Mooseheads are about to get a big offensive boost.

Logan MacMillan, Halifax's top returning forward, was cut yesterday by the Anaheim Ducks and is expected to make his season debut with the Mooseheads on Friday at 7 p.m. against the P.E.I. Rocket at the Metro Centre.

The 19-year-old from Winsloe, P.E.I., had 15 goals and 26 assists for 41 points in 46 games last season.

"It's going to help us a lot," said Mooseheads third-year defenceman Gabriel O'Connor. "He brings a lot of experience and poise with the puck, and he's going to help lead the younger guys on our

team to a successful year."

MacMillan was drafted in the first round, 19th overall, of the 2007 draft, and signed a three-year, multi-million contract with the Ducks in July, earning a \$262,500 signing bonus.

He is expected to assume top-line duty immediately.

The Mooseheads might have to wait a little bit longer before Tomas Knotek returns to the lineup. Knotek, an 18-year-old forward who had 22 goals among 66 points as a rookie last season, has been out since training camp with a groin injury, and is considered doubtful for this weekend's games.

After opening at home on Friday, the Mooseheads visit the Saint John Sea Dogs on Saturday and return to the Metro Centre on Sunday at 4 p.m. to host the Lewiston Maineiacs.

SCOREBOARD

QMJHL					W L T PTS					W L T PTS													
ATLANTIC DIVISION																							
	W	L	OT	P																			
Moncton	6	0	0	12	Calgary	9	4	0	18	Carolina	3	1	0	.750									
Cape Breton	6	1	0	12	B.C.	8	5	0	16	Tampa Bay	3	1	0	.750									
Bathurst	4	1	2	10	Saskatchewan	8	5	0	16	New Orleans	2	2	0	.500									
Saint John	2	5	0	4	Edmonton	7	6	0	14	Atlanta	2	2	0	.500									
HALIFAX	2	5	0	4	(x — clinched playoff spot)					NORTH DIVISION													
P.E.I.	1	3	1	3	WEEK 15					W	L	T	PTS										
CENTRAL DIVISION					FRIDAY'S GAMES					Green Bay					2	2	0	.500					
Drummondville	5	0	1	11	B.C. at Toronto, 8					Chicago					2	2	0	.500					
Shawinigan	5	2	0	10	Calgary at Saskatchewan, 11					Minnesota					1	3	0	.250					
Victoriaville	3	4	0	6	SATURDAY'S GAMES					Detroit					0	3	0	.000					
Lewiston	3	3	0	6	Montreal at Hamilton, 5					WEST DIVISION					W	L	T	PTS					
					Winnipeg at Edmonton, 8					Arizona					2	2	0	.500					
					NFL					San Francisco					2	2	0	.500					
					AMERICAN CONFERENCE					Seattle					1	2	0	.333					
EAST DIVISION					EAST DIVISION					St. Louis					0	4	0	.000					
	W	L	OT	P		W	L	T	PTS	WEEK 4					LAST NIGHT'S GAME								
Quebec	5	1	0	10	Buffalo	4	0	0	1,000	Baltimore at Pittsburgh													
Rimouski	3	2	0	6	New England	2	1	0	.667														
Chicoutimi	3	4	0	6	N.Y. Jets	2	2	0	.500						WEEK 5								
Bale-Comeau	1	2	3	5	Miami	1	2	0	.333						SUNDAY'S GAMES								
WEST DIVISION					SOUTH DIVISION					Chicago at Detroit, 2													
	W	L	OT	P		W	L	T	PTS	San Diego at Miami, 2													
Gatineau	3	2	1	7	Tennessee	4	0	0	1,000	Atlanta at Green Bay, 2													
Montreal	3	3	0	6	Jacksonville	2	2	0	.500	Seattle at N.Y. Giants, 2													
Rouyn-Noranda	2	3	2	6	Indianapolis	1	2	0	.333	Tennessee at Baltimore, 2													
Val-d'Or	0	6	0	0	Houston	0	3	0	.000	Indianapolis at Houston, 2													
TOMORROW'S GAMES					NORTH DIVISION					Kansas City at Carolina, 2													
Bathurst at Gatineau, 8:30					W					L	T	PTS	Washington at Philadelphia, 2										
Drummondville at Victoriaville, 8:30					Baltimore					2	0	0	1,000	Tampa Bay at Denver, 5:05									
MLB					Pittsburgh					2	1	0	.667	Cincinnati at Dallas, 5:15									
YESTERDAY'S RESULTS					Cleveland					1	3	0	.250	Buffalo at Arizona, 5:15									
AMERICAN LEAGUE					Cincinnati					0	4	0	.000	New England at San Francisco, 5:15									
TONIGHT'S GAME					WEST DIVISION					W					L	T	PTS	Pittsburgh at Jacksonville, 9:15					
AMERICAN LEAGUE					Denver					3	0	0	.750	MONDAY'S GAME									
One-game tiebreaker					San Diego					2	2	0	.500	Minnesota at New Orleans, 9:30									
Minnesota at Chicago W. Sox, 8:37					Oakland					3	3	0	.250	CIS SPORTS									
CFL					Kansas City					1	3	0	.250	ATLANTIC CONFERENCE					W	L	T	PTS	
EAST DIVISION					EAST DIVISION					W					L	T	PTS						
	W	L	T	PTS																			
x-Montreal	9	4	0	18	N.Y. Giants	3	0	0	1,000	Saint Mary's					4	0	0	8					
Winnipeg	5	8	0	10	Washington	3	1	0	.750	St. Francis Xavier					2	2	0	4					
Toronto	4	9	0	8	Dallas	3	1	0	.750	Mount Allison					1	3	0	2					
Hamilton	2	11	0	4	Philadelphia	2	2	0	.500	Acadia					0	4	0	0					
WEST DIVISION					SOUTH DIVISION					SATURDAY'S GAMES													
										Mount Allison at Acadia, 1													
										Saint Mary's at St. Francis Xavier, 1													



Maple Leafs forward Niklas Hagman, right, scores against Manny Legace of the St. Louis Blues during last night's pre-season game at the Air Canada Centre. Toronto won 4-3 in a shootout.

Leafs take down Blues

NHL The Toronto Maple Leafs defeated the St. Louis Blues 4-3 in a shootout at the Air Canada Centre last night.

Rookie defenceman Luke Schenn scored the shootout winner. In other games last night:

Blue Jackets 7 Blackhawks 1 — Rick Nash scored twice and added an assist, as Columbus drubbed Chicago, 7-1, in a pre-season contest from Nationwide Arena.

Kristian Huselius and Rostislav Klesla each picked up a goal and two helpers for the Blue Jackets.

Capitals 3 Devils 2 — Alex Ovechkin scored his first goal of the pre-season and Washington held on to down New Jersey, 3-2, at the Prudential Center.

Mike Green and Boyd Gordon each lit the lamp prior to Ovechkin's goal, while Michael Nylander assisted on the first two tallies for the Capitals

METRO NEWS SERVICES

Sports in brief

NFL Jacksonville Jaguars offensive tackle Richard Collier, who was shot earlier this month, had his left leg amputated and is paralyzed below the waist, according to his doctors.

MLB Paul Godfrey, the president and chief executive of the Toronto Blue Jays and Rogers Centre, will step down from his

duties at the end of the year.

NHL The Tampa Bay Lightning dealt forward Nick Tarnasky to the Nashville Predators yesterday for a conditional draft pick.

MLB The St. Louis Cardinals and starting pitcher Kyle Lohse agreed to a four-year contract yesterday. **METRO NEWS SERVICES**

Boys are bigger bullies: report

Four out of 10 school-age kids in Canada report being victims of bullying, according to a recent report by the Public Health Agency of Canada. Overall, boys bully and are bullied slightly more than girls. **BEST HEALTH MAGAZINE**

lifestyle **19**

Health



New Buriti Baby collection

Pamper and protect your baby naturally with The Body Shop's new Buriti Baby line of baby products. Set to launch on Oct. 9, the eight-piece line ranges in price from \$8.50 to 30 and includes body butter, shampoo, massage gel, a brush and more. The pediatrician-approved products are made from buriti tree nut oil, which is a mild and gentle ingredient used throughout Southern American for its beneficial properties.

METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Socially disconnected

'Digitalk' causing the quality of friendships to decline: survey

CELIA MILNE
for Metro Canada

You text a friend to say you're SETE (smiling ear to ear) or SWL (screaming with laughter). But if you aren't face to face, it's a shallow connection.

Facebook, e-mail, MySpace, text messaging, and MSN have made our relationships more distant. Quantity of friendships is increasing but "quality is

declining," says Allie MacPhail, a relationship expert with offices in Toronto and Newmarket, Ont. "How many of those people actually mean a lot to you?" asks MacPhail. "They may be friends of friends."

On average, we connect socially 17 times a day through technology and only twice in person, according to a recent survey conducted by Ipsos Reid. Fifty-five per cent of Cana-

dians say that life is so busy that they have to use electronic communication to stay in touch with friends and family. A huge majority (88 per cent) say that meeting in person would make them feel more connected than meeting digitally. And 61 per cent are nostal-

"Go out and talk to friends... Recognize the value in human connection."

Allie MacPhail, a relationship expert

The down side of all this digitalk is that we lose our interpersonal skills. "I see more lonely people even though they have a lot of

people they are connected to," says MacPhail. "Emotionally, they don't know how to handle conversation."

"We are made for relationships, for actual human connections. The computer is not giving it to us. Let's see humans connect more," says MacPhail.



It's pleasure-your-mate month

The J Spot

Josey Vogels

Sex talk with Josey

Today, apparently, is the last day you can pleasure your mate. Yes, for those of you who haven't been keeping up, September is "Pleasure Your Mate Month."

Who knew? I certainly didn't until I got an e-mail from a radio station asking to interview me for ideas on how to honour this enigmatic occasion. Where the heck did "Pleasure Your Mate Month" come from?

Google only turned up some people's ideas for how they planned to mark the event, some of which were, well, less pleasurable than

others ("Throw knives, feed poison," wrote one rather bitter single gal).

Seems that these days, every aspect of our sex lives has a day, week or month devoted to it.

May is Masturbation Month, complete with its own Masturbate-a-thon (masturbate-a-thon.com) for which participants get sponsors for every minute they masturbate with funds raised going to women's sexual health organization.

December 21nd is Global Orgasm Day (globalorgasm.org), not to be confused with National Orgasm Day, which is celebrated on July 22 in Britain. I know orgasms are great and all but I'm not sure they warrant two days of observance.

Then there's Condom Week Feb. 14 to 21 (nationalcondomweek.com). And don't forget World Naked Gardening Day on the first Saturday of May (wngd.org)

or World Naked Bike Ride on various dates throughout the year. (worldnakedbikeride.org)

It's a little out of hand. I mean, one would think that "pleasuring your mate" is something one would make an effort to do at least occasionally during the other 11 months of the year. Do we really need a special month to remind us?

But I'd like to see some holidays that address some of the more mundane, yet equally important aspects of maintaining a healthy relationship. For example, how about we introduce: "If You Can Find Time To Watch Fours Hours of TV a Night You Can Find a Half an Hour For Sex Once in Awhile Month?" Now these are some causes worth devoting our time toward.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Rapper Jay-Z reportedly wants to sign 50 Cent and Janet Jackson to his new record label, StarRoc. All artists who sign to StarRoc are expected to agree to all-encompassing deals which will enable Jay-Z to control all of their assets, including recording, touring and merchandise. FEMALEFIRST.CO.UK

Entertainment



Jack's a hero

Jack Osbourne has been hailed a hero after catching a man who attempted to steal a woman's handbag in London on Saturday.

FEMALEFIRST.CO.UK

Halifax ballet dancer going to Beijing

DANCE Halifax Dance student Kate Maeve Houston has been accepted to compete at the Beijing International Ballet Invitational from Oct. 25 to Nov. 1.

The Grade 12 student at Citadel High School earned the spot after her instructor at Halifax Dance, Mariella Belleza, put a video of her dancing into the application process.

Hundreds of ballet dancers from around the world will compete at this competition, including about 40 international students, like Houston, who will have their airfare and accommodations provided by the organizing committee.

In Beijing, Houston will compete with three solo variations: one contemporary, one classical and one classical variation.

A jury made up of internationally recognized ballet experts is responsible for the selection and evaluation process.

Houston will also attend classes in Beijing, as the aim of the competition is to promote the worldwide exchange and the development of ballet education and training.

METRO HALIFAX

In brief

CANCELLED The Classic Rock Experience Tour is a no-go for Halifax. The tour's promoter Gillett Entertainment Group has announced that due to scheduling conflicts, it's cancelled its four dates in Atlantic Canada. The Classic Rock Experience was scheduled to hit the Halifax Metro Centre on Thursday, Oct. 11. Refunds are available at the Halifax Metro Centre box office.

CONCERT Award winning folk singer-songwriter Ben Sures has announced the dates for four shows in Nova Scotia next month. Sures, the 2005 winner of the folk category in the prestigious John Lennon Songwriting Contest, will play at Stagner's Wharf in Halifax on Oct. 10 and 15. He'll also perform at East Coast Outfitters in Lower Prospect on Oct. 11 and at Paddy's Pub in Wolfville on Oct. 13.

METRO HALIFAX

Bishop living the blues

Former Haligonian enjoying life as a member of Blue Man Group

STEPHEN CLARE
for Metro Halifax



For someone who makes a living out of silence, Scott Bishop sure has a lot to talk about.

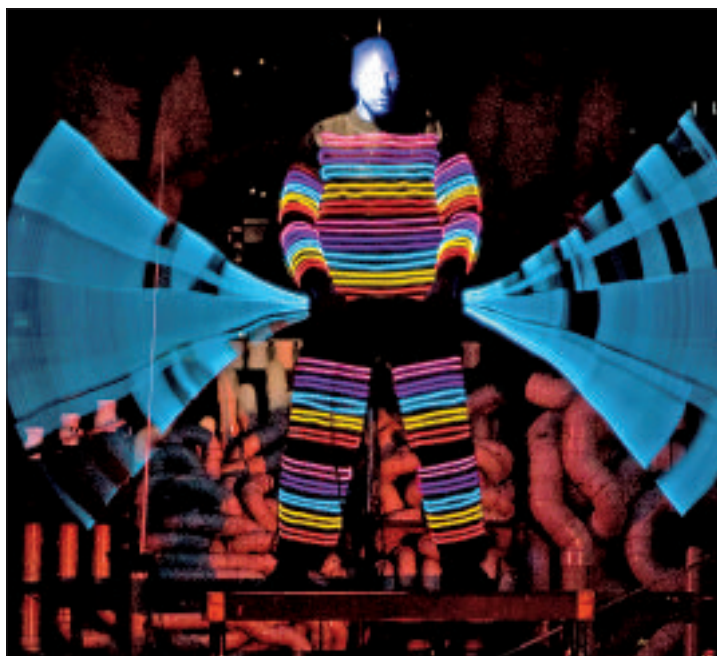
"I end up doing most of the interviews," laughs the usually-muted Blue Man from his hotel room in Toronto.

"Everyone in the crew tells me that I have the biggest mouth out of the three of us, and I always respond by telling them that it must be some sort of East Coast thing. Blame my roots."

It will be a homecoming of sorts tomorrow night for Bishop as the Kentville, Nova Scotia native and his Blue Man Group performs at the Halifax Metro Centre as part of a weeklong tour of Atlantic Canada.

"Aside from family holidays, I rarely make it back home," he says. "I certainly never imagined that we would have the opportunity to bring the show out this way."

Bishop, who lived in the Halifax area during his late teens and early twenties before seeking fame and fortune out west as a clas-



The innovative Blue Man Group performs at the Halifax Metro Centre tomorrow night.

sical percussionist, is excited about the opportunity to perform in front of his family and friends.

"Some of them have never seen the show," he says.

"And, by turns, it is also a chance for me to show off this part of the world to the people I work with."

Maritimers have responded very well to the

Toronto-based trio's How to Be a Megastar World Tour. This past Saturday's performance in Saint John was sold-out, and there are very few tickets left for

If you go

- What: The Blue Man Group with David Garibaldi
- Where: Halifax Metro Centre
- When: Tomorrow, 7:30 p.m.
- Tickets: \$63 to \$93. Call 451-1221 or visit www.ticketatlantic.com

"Everyone in the crew tells me that I have the biggest mouth out of the three of us."

Scott Bishop

tonight's extravaganza in Moncton or tomorrow night's Halifax debut.

"I think that people will be really surprised by the show," says Bishop. "We have put together a real treat for the senses; visually it is very exciting and entertaining, and from what I have been told, it can also be quite loud on the ears."

"Not too shabby for a bunch of guys who don't actually say anything."

A star is born: Dunnery Bond wins YTV series

PHILIP CROUCHER
philip.croucher@metronews.ca



TELEVISION Dunnery Bond of Lakelands was just named champion of the YTV singing show The Next Star on Sunday night in Toronto.

Time to celebrate, right? Not quite.

"Man, I went to bed," the 14-year-old said yesterday, still trying to soak up the win.

"I talked to my family out here supporting me. I called a couple of people, but other than that, I went straight to bed. I was so tired. It was a long night. It was a long competition."

Bond, one of six contestants on the 13-episode show for kids, spent the summer being counselled by professionals on how to tackle every aspect of the

music industry. That included getting the right look to having the single Shy created for him. And by receiving the most votes from viewers, Bond was named the show's champion during the live finale Sunday at Canada's Wonderland.

For his victory, Bond gets to record a new single with Universal Music Canada to be released on YTV's Big Fun Party Mix 10, along with a professional music video and personal guidance from music industry hit-makers.

His single Shy will also be on the album, along with the singles sung by the other five contestants, who were all female.

"I have no idea where this could take me," he said. "I'm just going to let it take on a mind of its

"I'm just going to let it take on a mind of its own. Just let everything be and just experience it."

Dunnery Bond

own. Just let everything be and just experience it."

Bond, a student at Shambhala School in Halifax, doesn't know when he's returning to the city, but expects it to be sometime later this week.

"I'm still kind of in shock," he said of winning it all. "It's only the day after. I'm still just here with my family and everybody else. I haven't really gone to the outside world or done anything."

"It hasn't sunk in yet."



Dunnery Bond has been crowned YTV's The Next Star.

TELEVISION & TELEVISION

Little Britain to big screen

Comedy duo Matt Lucas and David Walliams are to make a movie of the hit TV show Little Britain. The feature-length film is backed by Spice Girls manager Simon Fuller and will include all the show's characters, played by Lucas and Walliams. FEMALEFIRST.CO.UK

entertainment 21

DVD pick

Iron Man

Director: Jon Favreau
Rating: PG

Iron Man delivers the superhero essentials — lots of action, great characters and a really cool suit — as it smartly vaults a lesser Marvel Comics hero into the same stratosphere as Spider-Man. It took a superhero leap of faith to hire tabloid fodder Robert Downey Jr. for the title metal man (he's actually clad in gold titanium alloy), since there were no guarantees he'd be either appropriate for the job — or even available. There's all the usual making-of and CGI demo hoo-hah, but a movie this fresh and funny needs a commentary track or two. Couldn't Downey and director Jon Favreau have found the time to rock the mic together? There are some laughs in Downey's screen test for the gig and in The Onion's news item parody: "Wildly Popular Iron Man Trailer to be Adapted into Full Length Film."

TORSTAR NEWS SERVICE

F apparently is for Food

WHAT THE F—: Celebrity chef Gordon Ramsay takes a step closer to deadly ubiquity tonight with the North American premiere of The F Word, his British chat/cooking/competition show on the Food Network. Food have decided to debut with the second season of the show, an episode where Ramsay challenges a quartet of butchers to work the kitchen at one of his restaurants, sets up a pigpen in the backyard of his London home to raise a pair of porkers for sausages and chops, and pits himself against a TV actress to see who makes a better lasagna. He also invades a slovenly bachelor pad to teach its grimy inhabitants how to avoid becoming pitiful caricatures.

He even manages to nip out of the kitchen every now and then to check on Kathy Burke — Magda, the fast-talking, foulmouthed magazine editor on AbFab

— whose decidedly low-brow taste in food and drink exasperates Ramsay more than the four men stumbling through service in his kitchen.

It's a densely-packed show that will either thrive or fail depending on how many Ramsay fans out there are impatient for a new season of Hell's Kitchen or Kitchen Nightmares. Ramsay is probably about one more show away from Emeril-style overkill, and while I'm still

IntelVision

Rick McGinnis

rick.mcginis@metronews.ca

a huge fan of his bellicose, alpha male persona, the dawn of a post-Ramsay age is probably close at hand.

A CHEAP HOLIDAY IN OTHER PEOPLE'S MISERY: "It's just, like, out of this world, I think, this place — kind of a weird thing to use for tourism." Says Carmel, an Australian tourist, who complains that they're charging \$50 to throw a live hand grenade into a



Gordon Ramsay returns with his new show The F Word.

pond at a Cambodian genocide museum.

Manfred Becker's Dark Tourism, airing tonight on History Television, makes the circuit of just over a half-dozen tourist attractions around the world that offer a change of pace from the usual theme park, beach resort or folkloric dance show.

He starts at a former Soviet prison in Latvia where visitors are harassed and abuse by actors playing guards, and moves on to Stalin World in Lithuania, the killing fields of Cambodia, the city of Sarajevo and Vietnam, where tourists are "educated"

about the other side of the Vietnam War. They even take in the Diefenbunker outside Ottawa, where the Canadian government was supposed to hole up in case Dr. Strangelove turned out to be a documentary.

The most disturbing thing I've ever seen in my west-end Toronto neighbourhood was a brief infestation of Polish neo-Nazi skinheads, the children and grandchildren of people who survived Nazi occupation before emigrating to Canada, only to see a handful of their descendants sporting swastikas and hanging outside tatty discos.

At the site of Hitler's command bunker in Poland, Poles dress up in Nazi battle dress for the edification of tourists, and Becker finds a group of Chinese students who wonder if the Poles have already forgotten their history. It's a worthwhile, and unsettling, question.

Rick McGinnis writes about music, movies, books and television, but not opera.

Caribou wins top Canadian album award

KUDOS Caribou hit the right note with the jury deciding who was to receive the Polaris Music Prize in Toronto last night.

The prize and \$20,000 honours the top Canadian album of the year.

A jury of 185 music writers, bloggers and broadcasters drew from a list of 10 of the best Canadian albums released between June 1, 2007, and May 31 this year.

The prize also celebrates diversity and creativity in Canadian music. Sales figures are not taken into consideration when deciding upon a winner.

Nominees this year included Stars and Kathleen Edwards.

METRO NEWS SERVICES

In brief

MOVIES Actor Kenneth Branagh may direct the next big Marvel comic book movie Thor, imdb.com reports. Branagh is in talks with film Marvel bosses over the film, due for release in 2010.

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	Opportunity Knocks (N)	Dancing With the Stars	Half Their Size		
7	7	7	ASN	The Road to Avonlea	Robson Arms	TMZ (N)	Pushing Daisies (N)	The Tudors (N) (DVS)	Providence (N) (SC)	Roxy (N) (SC)	Filantes	Le Téléjournal
11	11	11	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	NCIS "Agent Alford" (N)	The Mentalist (HDTV) (N)	Without Trace		
2	2	2	CBC-F	Terre humaine	Grand-papa	Virginie (SC)	La Facture	Histoires-filles	Caméra café	La Promesse (HDTV) (N) (SC)	TVA 22 heures	
32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	House "Adverse Events"	Without a Trace (N)	Podium TV		
69	69	69	CTM	TVA 18 heures	Le Cercle (SC)	Occupation	Vidéos	House "Adverse Events"	Without a Trace (N)	Podium TV		
6	6	6	CHIF	Entertainment	ET Canada	90210 "Model Behavior"	Law & Order: SVU	House "Adverse Events"	Without a Trace (N)	Podium TV		
9	9	9	CJCH	eTalk	Hollywood	Law & Order: SVU	Law & Order: SVU	House "Adverse Events"	Without a Trace (N)	Podium TV		
10	10	10	ELTV	(6) EastLink Television				House "Adverse Events"	Without a Trace (N)	Podium TV		
36	36	36	FOX	Deal-No Deal	The Simpsons	TwoHalf Men	TwoHalf Men	House "Adverse Events"	Without a Trace (N)	Podium TV		
12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	House "Adverse Events"	Without a Trace (N)	Podium TV		
29	29	29	NW	World News	Business	CBC News	Canada Votes: Extreme Debate (N)	House "Adverse Events"	Without a Trace (N)	Podium TV		
4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	One on One	Nova (DVS)	House "Adverse Events"	Without a Trace (N)	Podium TV		
35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	World News	Nova (DVS)	House "Adverse Events"	Without a Trace (N)	Podium TV		
68	68	68	TQS	(6:30) Le Retour (SC)	Beauté	Loft Story	Génération séduction (N)	House "Adverse Events"	Without a Trace (N)	Podium TV		
23	23	23	96	Business News	Headline	Market Call	Commodities	House "Adverse Events"	Without a Trace (N)	Podium TV		
18	18	18	CNN	(5) The Situation Room	Lou Dobbs Tonight	Quest-Card	Tiger's Clinic	House "Adverse Events"	Without a Trace (N)	Podium TV		
54	54	54	GOLF	The Turn	Inside PGA	Air Racing From London	World Poker Tour	House "Adverse Events"	Without a Trace (N)	Podium TV		
52	52	52	RSE	Prime Time Sports	Game On	Cabby Unlmit	Stump-Schwab	House "Adverse Events"	Without a Trace (N)	Podium TV		
55	55	55	SCOR	Hockey Talk	Game On	Pinks	Pass Time	House "Adverse Events"	Without a Trace (N)	Podium TV		
45	45	45	SPD	Unique Whips	Off the Record	SportsCentre	That's Hockey!	House "Adverse Events"	Without a Trace (N)	Podium TV		
53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	NHL Preseason	House "Adverse Events"	Without a Trace (N)	Podium TV		
43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	That's Raven	House "Adverse Events"	Without a Trace (N)	Podium TV		
44	44	44	TOON	World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show	House "Adverse Events"	Without a Trace (N)	Podium TV		
26	26	26	TREE	Fifi-Flowerlots	Backyardigans	Ni Hao, Kai-Han	Night Grdn	House "Adverse Events"	Without a Trace (N)	Podium TV		
27	27	27	YTV	Drake & Josh	ICarly	Malcolm-Mid.	Home Improve.	House "Adverse Events"	Without a Trace (N)	Podium TV		
16	16	16	A&E	The First 48	News	The First 48 (HDTV)	Great Towns	House "Adverse Events"	Without a Trace (N)	Podium TV		
70	70	70	APTN	News	106 & Park: BET's Top 10 Live	Street Legal	Desperate Housewives	House "Adverse Events"	Without a Trace (N)	Podium TV		
50	50	50	BET	106 & Park: BET's Top 10 Live	Street Legal	Desperate Housewives	Live at the Rehearsal Hall	House "Adverse Events"	Without a Trace (N)	Podium TV		
37	37	37	BRVO	Street Legal	Mysterious Ways	Judging Amy	Killer Tent Door	House "Adverse Events"	Without a Trace (N)	Podium TV		
97	97	97	CLT	Mysterious Ways	Chevy Cross Canada Countdown	Laughs	Comedy Now	House "Adverse Events"	Without a Trace (N)	Podium TV		
25	25	25	CMT	Chevy Cross Canada Countdown	Laughs	Comedy Now	Air Farce	House "Adverse Events"	Without a Trace (N)	Podium TV		
49	49	49	COM	Laughs	Killer Next Door	The Investigators	Daily Planet (N)	House "Adverse Events"	Without a Trace (N)	Podium TV		
153	153	153	COURT	Killer Next Door	What's That About?	House Hunters	Property Virgin	House "Adverse Events"	Without a Trace (N)	Podium TV		
38	38	38	DISC	What's That About?	The Worst Jobs in History	NCIS "Brothers in Arms"	Technical Diff.	House "Adverse Events"	Without a Trace (N)	Podium TV		
48	48	48	HGTV	Homes on Homes	Pimp My Ride	Technical Diff.	Instant Star	House "Adverse Events"	Without a Trace (N)	Podium TV		
46	46	46	HIST	The Worst Jobs in History	Mmmmtop10.com	Instant Star	Where You At	House "Adverse Events"	Without a Trace (N)	Podium TV		
17	17	17	MM	Pimp My Ride	Technical Diff.	Instant Star	Where You At	House "Adverse Events"	Without a Trace (N)	Podium TV		
19	19	19	MMM	Mmmmtop10.com	The Amazing Race 2	Seinfeld	Friends	House "Adverse Events"	Without a Trace (N)	Podium TV		
201	201	201	M1	(6:05) Alpha Dog **	(8:15) The Perfect Assistant (2008, Drama)	Survivorman	My Best Friend's Wedding (1997, Romance-Comedy)	House "Adverse Events"	Without a Trace (N)	Podium TV		
48	48	48	OLN	The Amazing Race 2	Seinfeld	Friends	House "Adverse Events"	House "Adverse Events"	Without a Trace (N)	Podium TV		
51	51	51	PIX	Little Criminals (1995)	House-Payne	House-Payne	My Best Friend's Wedding (1997, Romance-Comedy)	House "Adverse Events"	Without a Trace (N)	Podium TV		
67	67	67	RDI	RDI en direct	RDI en direct	RDI en direct	Elections	House "Adverse Events"	Without a Trace (N)	Podium TV		
39	39	39	SHOW	Viennienne Vyle	About a Girl	About a Girl	The Best Years (DVS)	House "Adverse Events"	Without a Trace (N)	Podium TV		
40	40	40	SLICE	Matchmaker	Til Debt-Part	End of Leash	ET Canada	House "Adverse Events"	Without a Trace (N)	Podium TV		
47	47	47	SPACE	Stargate SG-1 (DVS)	Lost "Special"	CSI: Crime Scene Investg.	CSI: Crime Scene Investg.	House "Adverse Events"	Without a Trace (N)	Podium TV		
14	14	14	SPKE	CSI: Crime Scene Investg.	The Ellen DeGeneres Show	TMZ (N)	eTalk	House "Adverse Events"	Without a Trace (N)	Podium TV		
98	98	98	STAR	FashionTele	Look-A-Like	What Not to Wear	Amazing Medical Stories	House "Adverse Events"	Without a Trace (N)	Podium TV		
21	21	21	TLC	What Not to Wear	Planet Soap	Big Screen	Beverly Hills, 90210	House "Adverse Events"	Without a Trace (N)	Podium TV		
34	34	34	TROP	Que-champion	Journal de Fr2	Toute une histoire	Murder, She Wrote	House "Adverse Events"	Without a Trace (N)	Podium TV		
20	20	20	TVS	Que-champion	Journal de Fr2	Toute une histoire	Murder, She Wrote	House "Adverse Events"	Without a Trace (N)	Podium TV		
28	28	28	W	Doc "The Ride"	Shopping Bags	Style by Jury	Will & Grace	House "Adverse Events"	Without a Trace (N)	Podium TV		
22	22	22	W	Doc "The Ride"	Shopping Bags	Style by Jury	Will & Grace	House "Adverse Events"	Without a Trace (N)	Podium TV		
251	251	251	WGN	Be-Millionaire	Evening News	TwoHalf Men	Family Guy	House "Adverse Events"	Without a Trace (N)	Podium TV		

critics' corner

The Tudors
Oh, Henry! As season two opens, Henry (Jonathan Rhys Meyers) assumes control of the Church of England and banishes Anne Boleyn (Natalie Dormer) after she demands that he cut off contact with Katherine (Marie Doyle Kennedy). That's not all that's going to be cut off ... but we're not there yet. A cook is boiled alive for poisoning a bishop under threat of blackmail. 9 PM on CBC



Law & Order: Special Victims Unit
A teenage boy, Eric (Marshall Allman), admits himself into the squad room and warns the team about his unnatural desire for his younger stepbrother (Aaron Mayer). Stabler and Benson (Christopher Meloni, Mariska Hargitay) investigate a self-help Web site for pedophiles trying to curb their urges. But when Eric goes missing, the detectives race to place clues together to find and stop him before a crime is committed. 8 PM on CJCJ; 11 PM on NBC

John Kay: Magic Carpet Ride
This hourlong special chronicles the life and career of John Kay, the "hard-rock outlaw" best remembered as the man who wrote the 1960s rock anthems "Born to Be Wild" and "Magic Carpet Ride" and led Steppenwolf, the iconic band that recorded those songs. 10 PM on BRAVO



Actor Dennis Quaid has slammed his ex-wife, actress Meg Ryan, for revealing all about their 2000 marriage breakup, insisting her allegations of his infidelity will only cause their son Jack more "pain" and "turmoil." **IMDb.COM**

Celebrity Buzz

Duffy: 'I've sold my soul'

FAME Duffy is on the brink of a "nervous breakdown," femalefirst.co.uk reports.

The singer has revealed the pressures of fame have taken their toll, forcing her to consider "disappearing." The 24-year-old has had too many encounters with over-zealous fans, which have left her shaken.

"As a girl, I thought I was superhuman. But I'm bordering on a nervous breakdown," she reportedly said. "The scary thing is this feels like just the beginning. It would be easy to

become a recluse. I have sold my soul and I'm no longer anonymous. It can be really frightening when there are 15 lads on one side of the pub and a gang of girls on the other who all want your photo."

Despite debating whether she can handle being a celebrity, the star believes it would not be fair to her fans to quit now. "It would be

wrong for me to disappear. I have to play for the fans. I just have to remember that the majority of people are good," she added.

METRO NEWS SERVICES



celebrity brief

Longoria, Parker say they have nothing to hide

COUPLES Eva Longoria Parker's basketball star husband Tony Parker has repeated denials his wife is pregnant, insisting the world would know as soon as she was expecting — because the couple wouldn't want to keep the happy news from anyone, imdb.com reports.

The San Antonio Spurs guard admits people won't stop gossiping

about his wife's recent weight gain for her role on the show *Desperate Housewives*, but he insists she's not with child. "We don't

wanna hide it. I don't know why people keep asking us," he says.

METRO NEWS SERVICES



Mother-in-law to Amy: Clean up or don't see hubby

DRUGS Amy Winehouse's mother-in-law wants the troubled singer to kick her alleged drug habit before she can be reunited with her husband after his release from prison, femalefirst.co.uk reports.

Blake Fielder-Civil is serving a 27-month sentence at a prison in Suffolk, England, for causing actual bodily harm and perverting the course of justice. He is set to be released early on condition that he lives with his mother. Georgette Fielder-Civil claims her son has kicked his alleged drug habit in prison.

"We can support him at home, away from Amy and

the London drug dealers, and help him rebuild his life. Now Amy has got to do the same before they can get back together," she says.

Fielder-Civil had previously declined early release from prison as the agreement meant he would have had to wear an electronic tag and be under a 7 p.m. curfew.

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Fan wanted to share her salad

FOOD Ashley Tisdale was left stunned when a fan's mother demanded she give her child some salad, femalefirst.co.uk reports.

The High School Musical star, who plays popular school-girl Sharpay

Evans in the hit Disney film franchise, couldn't believe it when the woman came over to the table when she was dining with her family and made the request.

"A bunch of little girls came over and I

thought they wanted an autograph, which was totally cool," Tisdale told FOXNews.com.

"But then the mother demanded I give her daughter a bite of my salad. She wasn't joking and she wouldn't go away when I said no. It was so odd that a grown woman would do that, especially in front of her kids. It was so wrong."

METRO NEWS SERVICES



Madonna faces hefty fine for breaking curfew

FINE Madonna has reportedly been fined \$249,750 US by Wembley Stadium officials for breaking the venue's curfew during the London stop of her Sticky and Sweet world tour earlier this month, femalefirst.co.uk reports.

The singer's show ran over the 10:30 p.m. curfew by 40 minutes when she played there on Sept. 11.

She has now been charged \$92,500 for every 15 minutes she went into overtime.

"The concert was meant to start at 8:30 p.m., but Madonna didn't come on

stage until 9:10 p.m. The gig ended at 11:10 p.m. so she was quite a bit over," a Wembley Stadium source says. "Her people knew about the possible implications for going over the curfew, but this is a pretty hefty fine, even for Madonna."

METRO NEWS SERVICES



celebrity briefs



McCready to turn herself in

JUSTICE Mindy McCready will voluntarily surrender to authorities today to serve 60 days in a Tennessee jail for a probation violation, her rep has told *People*.

The singer, 32, was arrested for violating her probation for prescription drug fraud in June, *People.com* reports. The singer had entered rehab July 16 for undisclosed reasons and she was previously jailed in 2007 after violating probation on a 2004 drug arrest.

Allen criticized over necklace

CAUSES Lily Allen has been condemned for glamorizing guns by wearing a necklace with a machine gun pendant, femalefirst.co.uk reports.

The singer — who previously met with London Mayor Boris Johnson to outline proposals to reduce knife crime — was photographed wearing the pendant recently. But it has outraged anti-violence groups. "If she's really worried about violent crime, then she shouldn't wear a necklace that promotes guns," says Lyn Costello from anti-violence group *MA-MAA*.

METRO NEWS SERVICES



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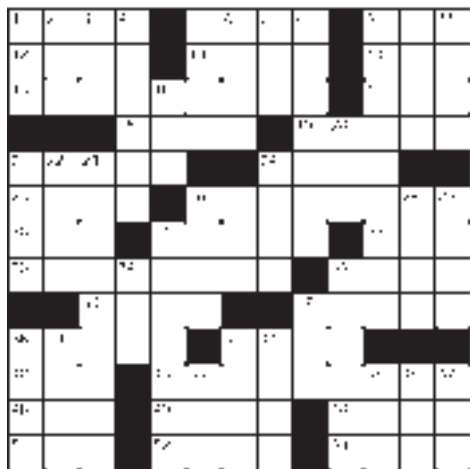
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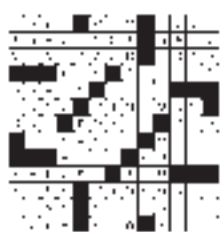
Crossword across

- 1 Hardly exciting
- 5 Moist
- 9 Society newcomer
- 12 Grooving on
- 13 Lotion additive
- 14 Under the weather
- 15 Retail-chain founder
- 17 — Zedong
- 18 Sandwich cookie
- 19 Representative
- 21 Misbehave
- 24 Soon, in verse
- 25 Comedian Sahl
- 26 "You Send Me" singer
- 30 Worldwide workers' grp.
- 31 Strange
- 32 Churchill's gesture
- 33 Golf legend
- 35 Sense
- 36 Hairless
- 37 Vends
- 38 Dreaded bacterium
- 40 Take to the lake
- 42 Moving truck
- 43 British officer with an eponymous belt
- 48 — out a living
- 49 Verifiable
- 50 Approach
- 51 In medias —
- 52 Hollywood locations
- 53 Safecracker

Crossword down

- 1 Insult
- 2 Geneticist's abbr.
- 3 \$ dispenser
- 4 Withdraw
- 5 Earnhardt of NASCAR
- 6 Saxophone range
- 7 Cattle call?
- 8 Sinner's self-abasement
- 9 Melodramatic paperback of yore
- 10 Verve
- 11 Rorschach picture
- 16 Dadaist Jean
- 20 Stickum
- 21 Writer Kingsley
- 22 Pop flavor
- 23 Brass instruments
- 24 Surrounded by
- 26 Progeny
- 27 Coach Parseghian
- 28 Carina
- 29 Morays, e.g.
- 31 Signs up
- 34 Bando of baseball
- 35 Crime
- 37 Round Table address
- 38 Eternally
- 39 Birthday party must-have
- 40 Pornography
- 41 Lincoln and Vigoda
- 44 Exist
- 45 Teeny
- 46 Gripe constantly
- 47 Work unit

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	3	5	9	7	2	4	8	1
1	2	9	8	6	4	7	5	3
4	7	8	1	5	3	9	2	6
9	4	7	5	2	1	3	6	8
5	8	1	6	3	9	2	7	4
3	6	2	4	8	7	1	9	5
8	1	3	2	9	6	5	4	7
2	5	4	7	1	8	6	3	9
7	9	6	3	4	5	8	1	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- Under 13 minGenius
13-17 minScholar
17-21 minSmart
21-25 minNot bad
25+ minKeep practising

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8	1				9	5	
				7		8		
6	7			9			3	1
		5	1		2	3		
1								4
		4	9		3	1		
9	3			2			8	5
			8		5			
	4	8				6	1	

Recipe of the day



Chicken Fingers with Spicy Mustard Dip

INGREDIENTS (FINGERS):

- 1 1/2 lb (750 g) boneless, skinless chicken breasts
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) black pepper
- 1/2 cup (125 mL) all-purpose flour
- 2 large eggs
- 2 tbsp (25 mL) water
- 2 cups (500 mL) bread crumbs
- 1/4 cup (50 mL) grainy Dijon mustard
- 1 large garlic clove, minced
- 1 tbsp (15 mL) paprika

INGREDIENTS (DIP):

- 1 cup (250 mL) light sour cream
- 2 tbsp (25 mL) grainy Dijon mustard
- 2 tbsp (25 mL) fresh chives

METHOD:

1. For dip, blend sour cream, mustard and chives. Cover and refrigerate.
2. Cut chicken lengthwise into strips (3 in/7.5 cm x 1 in/2.5 cm). Sprinkle with salt and half the pepper.
3. Place flour in a zippered plastic bag. In a pie plate, whisk eggs and water until frothy. In a large, shallow dish, blend bread crumbs,

mustard, garlic, paprika and the rest of the pepper.

4. Drop the chicken strips, a few at a time, into the bag of flour and shake until well coated. Shake off excess flour. Dip strips into beaten eggs, then into bread-crum mixture, gently pressing the crumbs onto the chicken so they adhere. Arrange strips on a large non-stick baking sheet and refrigerate for 30 minutes.

5. Preheat the oven to 400°F (200°C). Bake chicken strips until golden brown and crisp, about 15 minutes, turning once. Serve hot or at room temperature with chilled mustard dip. Calories 333, calories from fat 72, fat 8 g, saturated fat 1 g, cholesterol 132 mg, carbohydrate 28 g, fibre 1 g, sugars 0 g, protein 36 g.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

ARIES MARCH 21-APRIL 20



An intuitive friend calls out for soothing treatment. Special plans are changed without warning. Don't prejudge when you see some damage.

LIBRA SEPT 23-OCT 23



An innocent person will create a stimulating atmosphere. Cast a wider net to find reassurance. Someone will head towards a scary situation.

TAURUS APRIL 21-MAY 21



An unnecessary romance is set for melodrama. A family quarrel finally bites the dust. Your friends will shelter you.

SCORPIO OCT 24-NOV 22



Don't spurn a great job offer. You'll attract those who respect your methods. A hacker shows a disturbing lack of integrity.

GEMINI MAY 22-JUNE 21



Try to avoid talking too much to a sarcastic sibling. A deceptive person brings a change of luck. Someone's bad habit will start a quarrel.

SAGITTARIUS NOV 23-DEC 21



A dream has an impact on your life. A practical promise will have unexpected effect. A group will terminate obsolete methods.

CANCER JUNE 22-JULY 22



A progressive friend comes in handy. You need to find the right person to do a dirty job. A conflict can create confusion.

CAPRICORN DEC 22-JAN 20



Be humble in a touching moment. Someone will be oblivious to affection. You'll emerge unscathed from a wonderful fantasy.

LEO JULY 23-AUG 23



Don't believe anything that is said at the last minute. A conflict will be settled by someone's loss of courage. A stranger in despair will visit.

AQUARIUS JAN 21-FEB 18



A grinning friend experiences reality as it happens. Convenient excuses will make some people very nervous. A buddy arrives in the nick of time.

VIRGO AUG 24-SEPT 22



Rumors can lead to an understanding. Weird events will make you feel suspicious. Find someone you can trust.

PISCES FEB 19-MARCH 20



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